

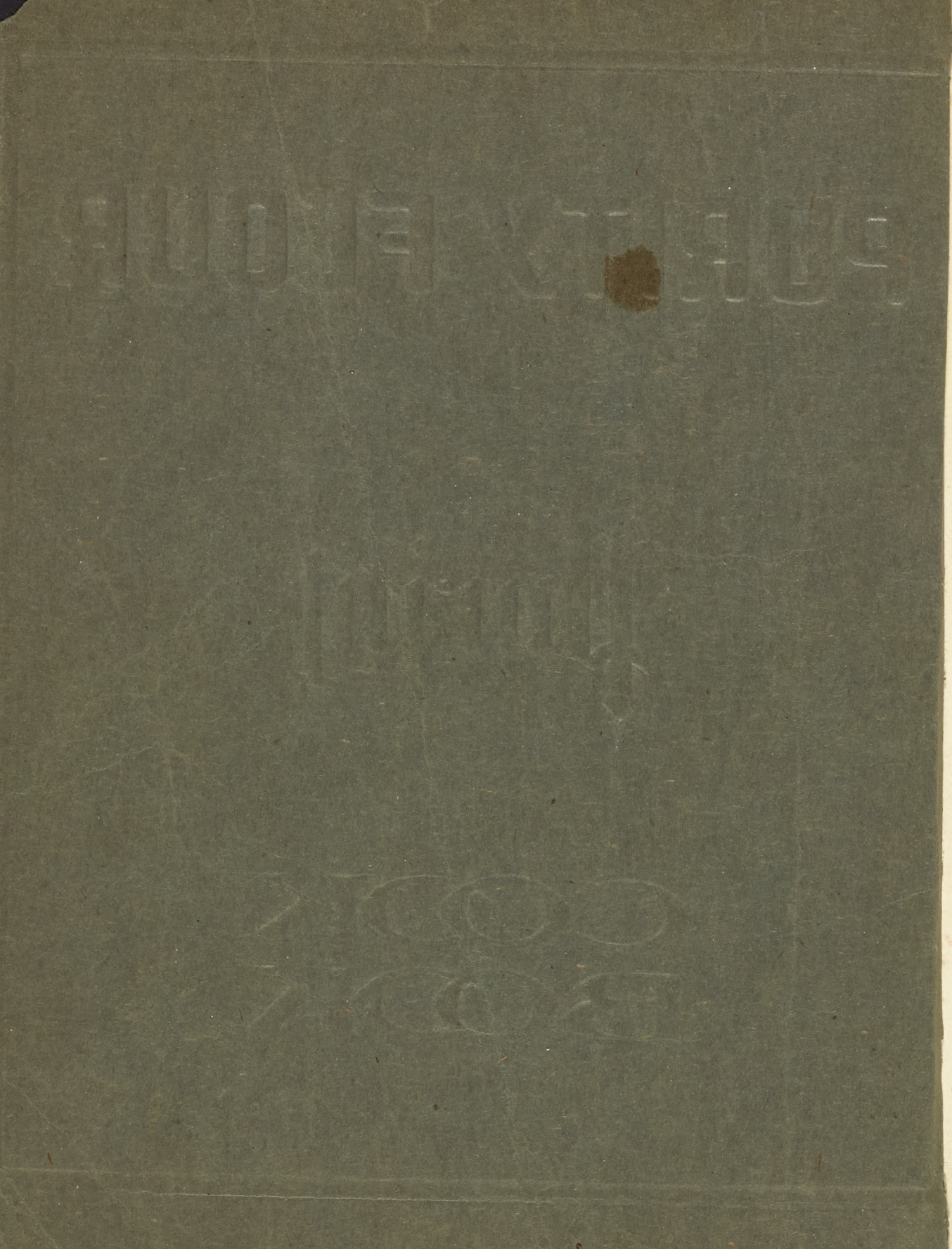
PURITY FLOUR



TRADE MARK
REGISTERED

COOK BOOK

PUBLISHED BY
WESTERN CANADA FLOUR MILLS CO.
LIMITED



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PURITY FLOUR

More Bread and

Better Bread

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of
western
Canada



*The Power
Behind the Cook*

WESTERN CANADA FLOUR MILLS CO. LIMITED
TORONTO AND WINNIPEG



By the
Women
of Canada

PURITY FLOUR

"More bread and better bread"

PURITY FLOUR

COOK BOOK

A General Purpose Publication on the Culinary Art, with Valuable Information and Recipes on Various Methods of Food Preparation. *Bread, Rolls, Buns, Cakes, Pies, Fish, Poultry, Meats, Vegetables, Salads, Fruits, Pickles, Sauces, Beverages, Candies, Preserves, Etc., Etc.*



THE TEXT OF THIS HOUSEHOLD REFERENCE BOOK IS THE WORK OF
MISS E. WARNER


IN COLLABORATION WITH OUR TWO EXPERT ANALYTICAL CHEMISTS IN CHARGE
OF OUR WINNIPEG LABORATORY. MISS WARNER ALREADY HAS TO
HER CREDIT SEVERAL NOTABLE PUBLICATIONS ON FOOD
PREPARATION NOW IN GENERAL CIRCULATION.

THE PURITY FLOUR COOK BOOK CARRIES A FURTHER
RECOMMENDATION TO PUBLIC FAVOR IN HAVING BEEN REVIEWED AND
APPROVED BY THE TEACHING STAFF OF THE
DOMESTIC SCIENCE DEPARTMENT, MACDONALD INSTITUTE



IN PUBLISHING THIS NEW AND UP-TO-THE-MINUTE COOK BOOK WE ARE NOT BURDENING YOU WITH A QUANTITY OF USELESS AND IMPRACTICAL MATTER, BUT HAVE SELECTED A NUMBER OF ECONOMICAL AND RELIABLE RECIPES TO COVER ALL PRACTICAL PURPOSES. THE TROUBLE WITH MOST RECIPES IS THAT THEY PRESUPPOSE A BROAD KNOWLEDGE OF COOKING, AND LEAVE TOO MUCH TO THE JUDGMENT AND EXPERIENCE OF THE USER. IN THE FOLLOWING, EACH STEP IN THE PREPARATION OF EVERY DISH IS SET FORTH SO CLEARLY THAT THE MOST INEXPERIENCED HOUSEWIFE CANNOT GO WRONG OR FAIL TO HAVE GOOD RESULTS.

FOREWORD

N issuing the PURITY FLOUR COOK BOOK we feel that we are filling an increasingly felt need among modern housekeepers for a cook book containing authoritative and tried knowledge on problems of the household, and more particularly the kitchen.

Neither time nor expense have been spared during the two years it has taken to prepare the PURITY FLOUR COOK BOOK, which contains between its covers, in easily and quickly appreciated language, the very latest and best information on the subject of cookery in all its branches. Thousands of prac-

housewives have furnished their favorite culinary masterpieces for insertion in the PURITY FLOUR COOK BOOK.

The book is exclusively designed to cover the requirements of the housewife in preparing food for family. All expensive and highly technical recipes vouched for by famous chefs, have been included in the text, and the PURITY FLOUR COOK BOOK is offered to the housewives of Canada as a general purpose culinary reference work.

The great mass of matter from which this culinary encyclopedia was created received careful consideration at the hands of the teaching staff of the Domestic Science Department of the celebrated Macdonald Institute, also our own chemist and baking expert, who checked and revised the book to its present form.

To insure a publication in keeping with the high standard of quality maintained in our PURITY FLOUR, we were more than glad to be able to secure this active co-operation from the teaching staff of the Domestic Science Department of the Macdonald Institute in making available for use in the Canadian homes the very best advice obtainable.

Perhaps at this point a few words on our manufacturing ideals and general progress may be of interest.

Briefly speaking, the Western Canada Flour Mills Co., Limited, though youngest in the flour industry in point of age, has by its rigid adherence to a policy of the "highest quality attainment" won for itself a more than prominent position amongst the leaders in the flour milling business.

Some idea of just what the attainment of such a position has meant may be gathered from the following brief description of the Company's plants and activities:

The Number One Northern Wheat, the very best selection of Western Canada Wheat, receives its attention at the hands of PURITY FLOUR EXPERTS while in its native fields.

Through the Company's hundred or more elevators situated in the best wheat producing districts of Canada, in charge of expert wheat buyers, the Company is in constant touch with every phase of wheat crops, from the seeding to the final harvesting.

Only men of wide experience and keen judgment can ever hope to gain a responsible position in charge of a PURITY FLOUR elevator. Upon these carefully selected experts rests the responsibility of delivering to the Company's mills the first grade wheat demanded by the millers of PURITY FLOUR.

At the mills the Company is further insured against the possibility of human error by maintaining in constant operation a modern mill laboratory, under the direction of a skilled analytical chemist, also an expert baker, whose duties are to test the samples submitted to them at all stages of the Company's operations.

Samples are even drawn from the fields before threshing, but in the ordinary way no consignment of grain is made into PURITY FLOUR until after it has been subjected to the severest tests, and the wheat that passes through the PURITY FLOUR elevators with their expert supervision, and meets the laboratory requirements, can at least be considered as pure as it is possible to make that is the standard required for PURITY FLOUR by its manufacturers.

From the elevators the golden flood of No. 1 Northern Wheat is hurried by rail and water to the Company's modern mills, of which the St. Boniface (Winnipeg) mill looms up as the milling establishment par excellence of the world's flour industry, and to this date the largest single unit mill in the British Empire.

Here, as in the Company's other mills located in Brandon, Man.; Calgary, Alta., and Godfrey, Ont., train and boatloads of No. 1 Northern are sampled and receive their final laboratory test.

Having met the requirements and earned the approval of the laboratory experts, the wheat starts on its way through the intricate and wonderful process of flour manufacture.

Through floor on floor of machinery, and battery after battery of complicated mechanisms operating at high speed, with here and there a skilled mechanic in a supervisory capacity only, the grain is cleaned, scoured, crushed and recrushed and sifted and resifted, passing through these delicate and intricate processes without the touch of human hands. The very best selection of product, of the very highest grade of wheat, is finally placed in bags and barrels for sale to consumers all over the world under the celebrated brand "PURITY FLOUR."

The daily capacity of the Western Canada Flour Mills Company's plants is 10,000 barrels of the best flour in the world.

When the name "PURITY" was placed upon our flour, perfect plans were made and have been carried out to maintain and make available for public use a product that would live up to the name "PURITY" in word as well as in deed.

WESTERN CANADA FLOUR MILLS COMPANY
LIMITED

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WEIGHTS AND MEASURES



SYSTEM of accurate measurements is recommended to insure uniform results.

The cup in which the liquid is measured, should be used for measuring the flour and other ingredients.

Measure flour after it has been sifted. Not before. All measurements should be level, except where otherwise stated. To measure butter, lard, etc., pack cup or spoon and level with a knife.

Standard tablespoon, teaspoon and half pint measuring cups are used.

TABLE OF MEASURE.

A	speck	-	-	-	-	-	-	$\frac{1}{4}$	saltspoon.
1	saltspoon	-	-	-	-	-	-	$\frac{1}{4}$	teaspoon.
3	teaspoons	-	-	-	-	-	-	1	tablespoon.
16	tablespoons	-	-	-	-	-	-	1	cup.
2	gills	-	-	-	-	-	-	1	cup.
1	wineglass	-	-	-	-	-	-	$\frac{1}{4}$	gill.
2	tablespoons butter	-	-	-	-	-	-	1	ounce.
2	tablespoons granulated sugar	-	-	-	-	-	-	1	ounce.
3 $\frac{1}{2}$	cups sifted <i>Purity Flour</i>	-	-	-	-	-	-	1	pound.
2	cups granulated sugar	-	-	-	-	-	-	1	pound.
2	cups butter	-	-	-	-	-	-	1	pound.
2	cups chopped meat (packed)	-	-	-	-	-	-	1	pound.
2	cups rice	-	-	-	-	-	-	1	pound.
1	cup <i>Purity Cornmeal</i>	-	-	-	-	-	-	6	ounces.
1	cup raisins	-	-	-	-	-	-	6	ounces.
1	cup currants	-	-	-	-	-	-	6	ounces.
1	cup stale bread crumbs	-	-	-	-	-	-	2	ounces.



BREAD—the food which we serve three times a day for 365 days during the year. Do we give it the consideration it deserves? No. We take it as a matter of course and entirely lose sight of the fact that bread is not only our most generally used food, but of all various food preparations, bread is the most nutritious.

FLOUR is by far the most important ingredient in bread, and IT HAS BEEN PROVEN THAT BREAD MADE FROM PURITY FLOUR IS A MORE PERFECT FOOD AND WILL SUSTAIN THE BODY LONGER THAN ANY OTHER ARTICLE OF FOOD.

Good bread is the great need in every home—rich and poor.

Essentials of successful home breadmaking:

1. Good bread flour (*Purity*).
2. Good yeast.
3. Dough of the proper consistency.
4. Control of temperature at all stages.

FLOUR: Remember that flour always improves with age if stored under proper conditions. Any flour which is dry and free from odors is suitable. The odors of tar, kerosene, gasoline, etc., are readily absorbed by flour. Always sift flour as required. Keep in a warm place, or warm before using.

YEAST: Yeast is a plant, and in the process of growth it produces a gas which ferments and causes the dough to become light. In order to produce this gas the yeast must have food. Yeast obtains its food from the flour by converting the starch into sugar. Bread is often made without sugar, but with this exception the dough should stand over-night. (See recipe, Plain Home-made Bread.) However, it is customary to use some sugar as a starter for the yeast. It is important to remember that salt retards the action of the yeast, and care should be exercised in getting the correct proportion of this ingredient. Yeast requires a temperature ranging from 82 to 86 degrees Fahrenheit to get the best results. (A kitchen thermometer is accurate enough and convenient for this purpose.) Do not let yeast get over-heated or chilled. In dissolving it always use luke-warm water.

Whatever kind of yeast is used it should be as fresh as it is possible to get. Compressed yeast should be dark clean, be firm, and have a wine-like odor. Dry yeast should not crumble and should have a strong characteristic odor of yeast. It should be purchased from a reliable source where the yeast is kept frequently and stored under proper conditions. If at all doubtful of the yeast, get fresh yeast instead of taking a chance on wasting a whole baking of bread. If you make your own yeast be very exact in measurements and have utensils and ingredients as clean as possible.

One compressed yeast cake is equal to 2 dry yeast cakes or 2 cups of home-made yeast.



PURITY FLOUR

More Bread and Better Bread

CONSISTENCY OF DOUGH: If flour has had considerable age, dough should be made up slack. If flour is fresh, make slightly stiff. The tendency is to make a dough too stiff. Make as can be handled without sticking to hands or moulding board. In cold weather, when temperature is apt to be a little below normal, it is wiser to have the dough fairly slack. In warm weather the reverse is the tendency, and the dough should be made a trifle stiffer.

Being able to judge the proper consistency comes with experience.

CONTROL OF TEMPERATURE: The tendency to get doughs too warm is just as great as to have them chilled. On account of the increased temperature in summer, and reverse in winter, it is wise to set the dough slightly cooler in summer and warmer in winter.

When dough is mixed, place where it will be free from draughts and where temperature is kept fairly uniform. Avoid placing it too near a stove or radiator—never place dish containing dough on floor. Even if it seems warm there is always more or less draught on the floor. Remember the slower the dough the slower it will work. If the dough has become cool, to remedy this place the dough in a slightly warmer place. If the dough has become too warm, mould into loaves sooner than usual.

A sponge is ready to take when it is full of bubbles and just begins to drop.

A dough is ready to take when an impression of the finger causes it to begin to sag.

Bread is ready for the oven when the dent made by pressing the finger on the loaf will remain.

BAKING: The black sheet-iron pans are the best for baking bread in. Bread is best when baked in individual loaves, rather than several loaves in a large pan. Bread should be placed in an oven which is not too hot, but one that will cause the bread to begin to brown in about 15 minutes. Then reduce the heat and bake slowly about half an hour longer. Remove bread at once from pan and place on a rack or where all surfaces will be exposed to air, to cool. When cool put in bread tin, which has been cleaned and aired.

WHITE BREAD (Straight Dough)

- 1 cake compressed yeast.
- 2 tablespoons lard or butter (melted).
- 1 quart lukewarm water, or equal parts water and sweet milk scalded.

- 3 quarts sifted *Purity Flour* (about).
- 2 tablespoons sugar.
- 1 tablespoon salt.

To the lukewarm liquid add the yeast, stir until completely dissolved, then add sugar and salt. Add sufficient flour to make a soft batter. Stir in shortening and beat well. Now stir in flour until dough is formed sufficiently stiff to be turned from mixing bowl to moulding board in a mass. Knead this until it becomes smooth and elastic, adding if necessary a little flour from time to time until it ceases to stick to the hands or moulding board, but be careful not to make it too stiff.

Put dough in a greased bowl or crock, cover and set to rise in a warm place, free from draught, about three hours, or until it is more than double in bulk. When light knead it a second time, put in bowl for another hour or until light, when it is ready to be moulded into loaves. Place in greased pans and allow to rise until it has doubled in bulk. Bake from 40 to 50 minutes. This will make 4 small loaves or 3 large ones.

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WHITE BREAD (Sponge Method)

- 1 cake compressed yeast.
- 1½ quarts lukewarm water.
- 2 tablespoons lard or butter.

- 1 tablespoon salt.
- 4½ quarts sifted *Purity Flour*.
- 2 tablespoons sugar.

Dissolve the yeast and sugar in 1 quart of the lukewarm water and add to it 1½ quarts of sifted *Purity Flour*, or sufficient to make a soft batter. Set aside to rise for about 1½ hours in a warm place. When well risen add to it the pint of lukewarm water, salt and lard or butter. Mix in the remainder of the flour, or enough to make a moderately firm dough. Knead thoroughly and place in greased bowl. Let rise for from 1½ to 2 hours. When double in bulk mould into loaves and place in well-greased baking pans. Cover and let rise again for about 1 hour. When light, bake from 40 to 50 minutes. This recipe makes 4 large loaves and the whole process takes 5½ to 6 hours.

WHITE BREAD (Over-night)

- 1 cup mashed potatoes.
- 1 tablespoon lard or butter.
- 1 teaspoon sugar.
- 1 yeast cake or 1 cup yeast.

- 1½ teaspoons salt.
- 1 pint potato water.
- 1½ to 2 quarts *Purity Flour*.

Mix mashed potatoes while hot with the lard, sugar, salt and the pint of lukewarm water in which potatoes were boiled. Add the yeast and enough flour to make a stiff batter. Beat well for 5 minutes, set it to rise in a warm place, well covered. Set this about three in the afternoon (in winter); in the evening gradually mix in the remainder of the flour. Beat well till too stiff to beat longer, then knead till smooth and elastic. Keep the dough well covered and warm all night. In the morning mould into loaves and put into buttered pans, let rise and bake.

WHITE BREAD

- 1 pint milk.
- 1 pint water.
- 1 tablespoon sugar.

- 1 tablespoon lard.
- 1 scant tablespoon salt.

Scald milk, add ¼ cup yeast or ¼ yeast cake, ½ quart *Purity Flour*, mould down hard and let rise overnight. Shape into loaves, grease top and prick with fork. Let rise twice size. Bake 1 hour.

GRAHAM BREAD

- 1 pint Graham flour.
- ½ pint *Purity Flour*.
- ½ cup white sugar.

- 1 teaspoon salt.
- ½ cup home-made yeast or ½ yeast cake.

Stir dry ingredients together well, then add yeast in equal parts milk and water to make a batter as stiff as it can be stirred with a spoon. Let rise until morning. Use *Purity Flour* enough to form a loaf. Grease the top with lard before putting to rise the last time. Bake 1½ hours in slow oven.



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PLAIN HOME-MADE BREAD

Pare 6 potatoes. Boil and mash them with the water in which they were boiled. Add 1 pint water, pour all on to a quart of *Purity Flour* and stir until free of lumps. Add 1 yeast cake, in half cup lukewarm water. Stir well, cover and set in a warm place all night. In the morning add 1 quart of lukewarm water and $1\frac{1}{2}$ tablespoons salt. Stir in *Purity Flour* to make a soft dough, knead well, then let rise until light. When light place on the moulding board and knead again. Let rise again or until light, then mould into loaves and place in pans. Let rise, place in hot oven, bake about 30 minutes. This quantity makes 6 or 8 loaves.

GRAHAM OR WHOLE WHEAT BREAD

1 pint milk, scalded and cooled.
2 teaspoons salt.
2 cups *Purity Flour*.

6 cups *Purity Whole Wheat* or Graham flour
2 teaspoons sugar.
 $\frac{1}{2}$ yeast cake or $\frac{1}{2}$ cup yeast.

Mix as white bread. This flour makes a softer dough and does not require so much kneading, about 15 minutes longer than white bread. If you find the dough too moist, add a little more flour.

BROWN BREAD: When making white bread take out batter enough for 1 loaf (about 1 pint). Add to this 1 tablespoon molasses and 1 of lard. Beat the batter for 5 minutes. Then gradually mix in whole wheat or Graham flour to make a soft dough. Knead well. Let it rise until quite light, put in greased pans, let rise and bake in a moderate oven.

RYE BREAD, No. 1

Sponge.
1 pint lukewarm water.
2 pints sifted *Purity Rye Flour*.

1 compressed yeast cake.

Dissolve yeast in the water, then add the flour, making it the consistency of a batter. Allow to stand until it is inclined to settle.

Dough: To the Sponge, add
1 pint lukewarm water.
1 pint sifted *Purity Rye Flour*.

3 pints *Purity Flour*.
2 teaspoons salt.

Mix dough thoroughly and allow to stand 20 minutes. Mould into loaves and place in pans. Allow to rise in pans about 40 minutes, or until it rises one-third its volume. Bake in medium oven. When taken from oven, brush with water.

RYE BREAD, No. 2

One pint dry yeast bread sponge, 1 large cup *Purity Rye Flour*, the same of yellow corn meal, scalded and cooled, 1 tablespoon melted butter, 1 of molasses, a little salt, knead with white flour. Put in pans and when light bake in a moderate oven.



Buns and Rolls



PARKER HOUSE ROLLS

1 yeast cake.
1 pint milk (scalded and cooled).
2 tablespoons sugar.

4 tablespoons lard or butter (melted).
3 pints sifted *Purity Flour*.
1 teaspoon salt.

Dissolve yeast and sugar in lukewarm milk. Add lard or butter and $1\frac{1}{2}$ pints flour. Beat until
stly smooth. Cover and let rise in a warm place about 1 hour, or until light. Then add the
nd remainder of flour, or enough to make a soft dough. Knead well, place in greased bowl, cover and
e in a warm place for about $1\frac{1}{2}$ hours, or until double in bulk. Roll the dough out $\frac{1}{4}$ -inch thick,
over lightly with butter, cut with biscuit cutter first dipped in flour. Crease through the centre
y with handle of a knife and fold over in pocket-book shape. Place in well-greased shallow
1 inch apart. Cover and let rise until light—about three-quarters of an hour. Bake 20 minutes
hot oven.

NOTE.—Be careful not to let these rise too quickly, or they will lose their shape.

BREAKFAST ROLLS

Take bread dough when ready to shape into loaves. Cut in pieces according to size of roll desired.
e with thumb and fingers into round balls. Place close together in a pan if liked without a crust, or
hes apart on baking sheet if wanted crusty. Brush with butter, cover closely and let rise slowly
st, and raise temperature at last. Let rise until nearly three times their original size. Bake in a
oven about 25 minutes.

BREAD STICKS

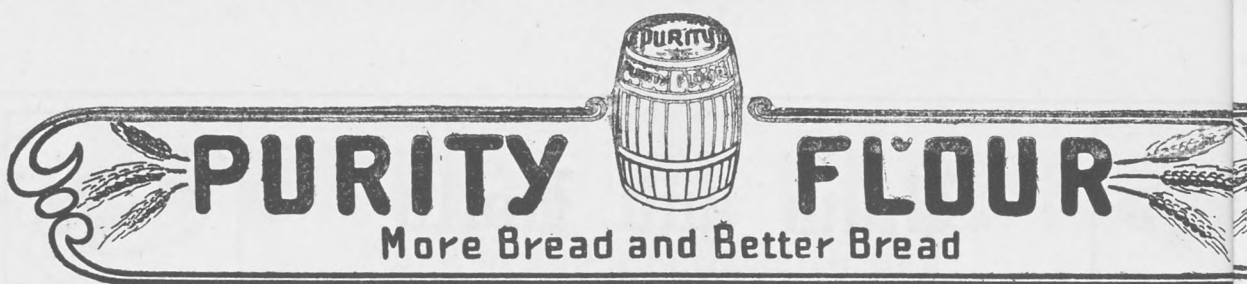
Ordinary bread dough can be used, but that for Parker House Rolls is more easily shaped and gives
er sticks. When the dough is light, cut pieces from the side and roll under the hands to about 4
s long and the thickness of a lead pencil. Let them rise until light, then bake in a hot oven. When
y done glaze with the white of an egg.

HOT CROSS BUNS

1 cake compressed yeast.
1 cup milk (scalded and cooled).
1 tablespoon sugar.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ cup raisins or currants.

$3\frac{1}{2}$ cups sifted *Purity Flour*.
 $\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup sugar.
1 egg.

Dissolve yeast and 1 tablespoon of sugar in lukewarm milk. Add $1\frac{1}{2}$ cups flour to make sponge.
until smooth. Cover and let rise until light, in warm place free from draught, about 1 hour. Add



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butter and sugar creamed, egg well beaten, raisins or currants which have been floured, remainder or enough to make a moderately soft dough, and salt. Turn on board, knead slightly, place in bowl, cover and set aside in a warm place until double in bulk, which should be in about 2 hours with hand into medium-sized round buns. Place in well-greased shallow pans about 2 inch. Cover and let rise again, about 1 hour or until light. Glaze with egg diluted with water. With knife cut a cross on top of each. Bake 20 minutes. Just before removing from oven brush with moistened with water.

While hot, fill cross with plain frosting.

This recipe makes a delicious Christmas loaf if baked in bread tin.

CURRENT TEA RING

2 cakes compressed yeast.
1 cup milk (scalded and cooled).
1 cup lukewarm water.
1 tablespoon sugar.
 $\frac{1}{2}$ teaspoon salt.

7 cups sifted *Purity Flour*.
6 tablespoons lard or butter.
 $\frac{1}{2}$ cup sugar.
3 eggs.

Dissolve yeast and 1 tablespoon sugar in lukewarm liquid. Add 3 cups flour and beat until Add lard or butter and sugar, thoroughly creamed, and eggs well beaten. The remainder of gradually, or enough to make a moderately soft dough, and the salt. Turn on board, knead Place in a greased bowl. Cover and set aside in a warm place to rise for about 2 hours, or dough has doubled in bulk. Roll out in oblong pieces, $\frac{1}{4}$ -inch thick. Brush with melted butter, with brown sugar, currants and cinnamon. Roll up lengthwise and place in a circle on a large greased pan or baking sheet. With scissors cut $\frac{3}{4}$ -inch slices almost through, turn each slice part side, pointing away from the centre. This should give the effect of a many-pointed star and different layers with the filling. Cover and let rise 1 hour or until light, and bake 25 minutes before putting in the oven, glaze with egg diluted with milk. Ice while hot with plain frosting recipe will make 2 large or 3 small rings.

CINNAMON ROLLS

May be made by following above recipe. Cut entirely through and lay side by side in a well pan.

PLAIN FROSTING

1 cup fine powdered or confectioners' sugar.

2 tablespoons milk or water.
 $\frac{1}{4}$ teaspoon vanilla.

Add just enough liquid to the sugar to make a moderately thick paste. Owing to difference the exact amount of moisture necessary cannot be determined. Water will make a more transparent frosting than milk.



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COFFEE CAKE

3 cups *Purity Flour*.
 $\frac{3}{4}$ cup sugar.
 $\frac{3}{4}$ cup butter or lard.
 $\frac{1}{2}$ cup seeded raisins.

$1\frac{1}{2}$ cups milk.
 1 egg.
 1 yeast cake.
 $\frac{1}{2}$ teaspoon salt.

With the milk, add the butter and sugar to it, and when it is lukewarm add the yeast cake, dissolved in a little sugar and egg. Sift and add the flour and salt, also the raisins. Beat well. Cover in a warm place to rise until very light. Turn into a greased shallow pan and let it rise a little more. Brush over with milk and spread lightly with softened butter and a little sugar. Bake in a moderate oven about $\frac{1}{2}$ hour.

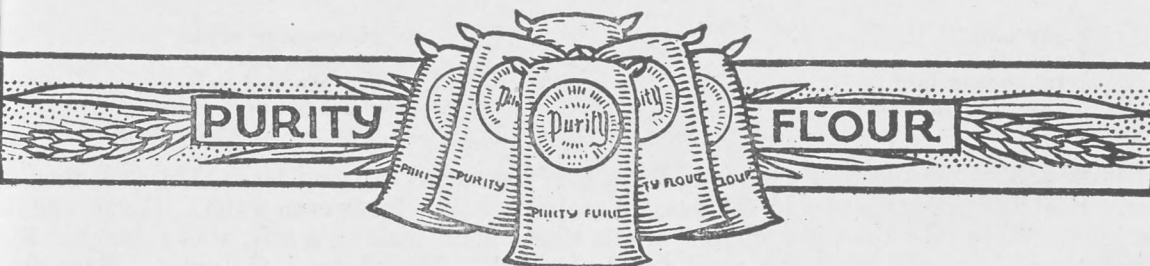
OUR STAFF OF EXPERT WHEAT BUYERS

OUR MODERN LABORATORIES IN CHARGE OF FULLY
 QUALIFIED ANALYTICAL CHEMISTS, WITH THE BEST MODERN
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GUARANTEE YOU IN

PURITY FLOUR

A PERFECT FLOUR FROM PERFECT WHEAT





Fancy Bread



MOLASSES BREAD

- 1 cup raisins.
- 1 egg.
- 1 teaspoon baking soda.
- 1 cup molasses.
- Pinch of salt.

- 1 cup walnuts (broken).
- 3 cups *Purity Flour*.
- 1 cup milk.
- $\frac{1}{2}$ cup sugar.

Beat egg, add milk and sugar, add part of flour. Then add molasses, nuts and raisins and rest of flour. Last add the soda dissolved in a little hot water. Bake 1 hour in a moderate oven. This makes 2 loaves.

BRAN BROWN BREAD

- 1 cup *Purity Flour* or whole wheat flour.
- 1 teaspoon soda.
- $\frac{1}{4}$ teaspoon salt.
- $\frac{1}{2}$ cup seeded raisins, floured.

- 1 cup bran.
- $\frac{1}{2}$ cup honey.
- 1 cup sour milk.

Sift together the flour, soda and salt, and add the other ingredients. Steam 3 hours or 100 minutes in a slow oven. If the amount of milk is increased by half, the bread is more delicate.

BRAN BREAD

- 1 quart bran (scant).
- 1 pint *Purity Flour*.
- $\frac{1}{2}$ cup molasses.
- 1 teaspoon soda.

- 1 pint buttermilk.
- Salt.
- Raisins or nuts, if desired.

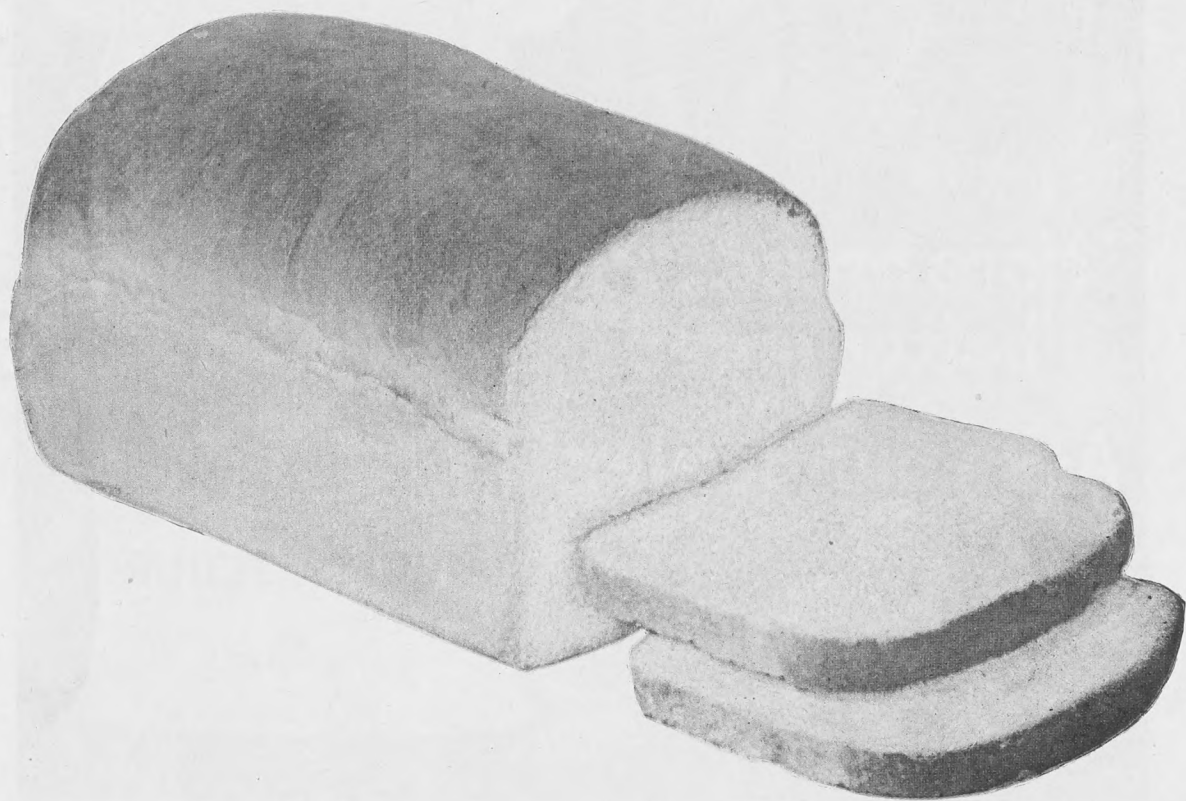
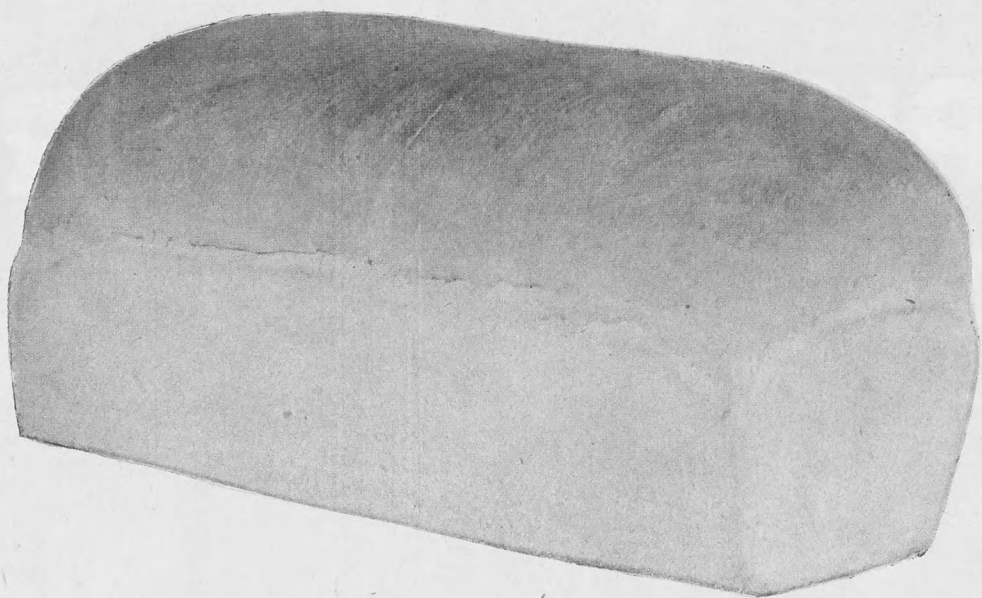
Mix dry ingredients, add molasses and buttermilk in which soda has been dissolved. Or raisins or English walnuts or both may be added if desired. Bake slowly $1\frac{1}{2}$ hours. This mixture may be baked in gem pans.

NUT BREAD, No. 1

- 1 cup milk.
- 1 cup water.
- 1 tablespoon lard.
- 2 cups *Purity Flour*.
- $\frac{1}{2}$ cake yeast.

- 2 tablespoons sugar.
- 1 teaspoon salt.
- $\frac{1}{2}$ cup chopped nuts.
- $\frac{1}{4}$ cup lukewarm water.
- $2\frac{1}{2}$ cups whole wheat flour.

Scald milk and water together and pour them over the sugar, salt and lard. Let cool, then add white flour. Beat thoroughly and add the yeast dissolved in the lukewarm water. Cover and let rise until very light. Then add the nuts and the whole wheat flour, making a soft, sticky dough. Place dough in a buttered bowl and let it rise until double in bulk. Then form into loaves. Have the pans half full and let rise until the dough fills the pan. Bake about 1 hour. This makes 2 loaves.



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**"More bread and
better bread"**

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NUT BREAD, No. 2

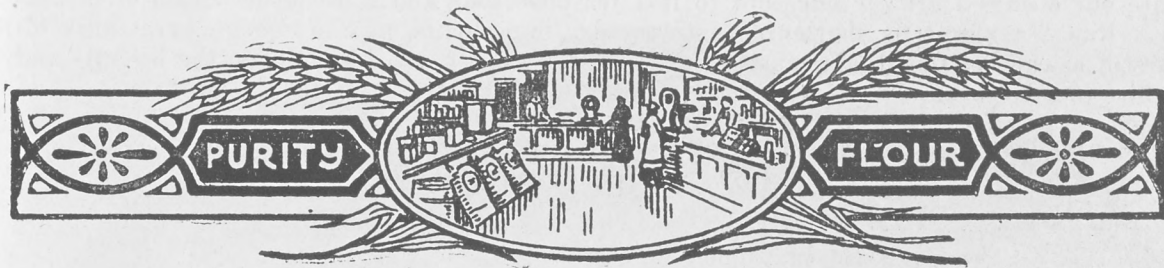
4 cups *Purity Flour*.
 $\frac{1}{2}$ cup sugar.
1 cup walnuts, chopped fine.
 $1\frac{1}{4}$ cups milk.

1 egg.
4 teaspoons baking powder.
1 teaspoon salt.

Beat eggs and sugar, add milk, then dry ingredients; stir well. Put in pan and let rise in a warm place 10 minutes. Bake in moderate oven 35 minutes.

BOSTON BROWN BREAD

(See Cereals.)



Demand the best and you will get PURITY FLOUR



Biscuits



Things to remember in biscuit-making:

Select the best flour (*Purity Flour*).
Have *Purity Flour* thoroughly sifted.
Have liquid chilled.
Have shortening just soft enough to rub in with tips of fingers.
After adding liquid, handle as little and as lightly as possible.

BAKING POWDER BISCUITS

2 cups <i>Purity Flour</i> .	1 cup milk and water (half each).
2 teaspoons baking powder.	1 tablespoon butter.
1 teaspoon salt.	1 tablespoon lard.

Sift the flour, salt and baking powder together, twice. Cream butter and lard together, and add the dry ingredients, using the tips of fingers. Then add the liquid, mixing with a knife until you have a very soft dough. Place on a mixing board and pat out lightly until three-quarters of an inch thick. Cut out and bake in a hot oven for 15 minutes. This will make 2 dozen biscuits.

TEA BISCUITS

Measure out 4 cups *Purity Flour*, add to it 1 teaspoon soda and 2 teaspoons cream of tartar, mix thoroughly. Rub 2 tablespoons shortening into the dry ingredients, mix in enough sweet milk to make a batter as stiff as can be stirred. It must be almost a dough, yet not dry. Shape the biscuits and bake for 20 minutes in a hot oven.

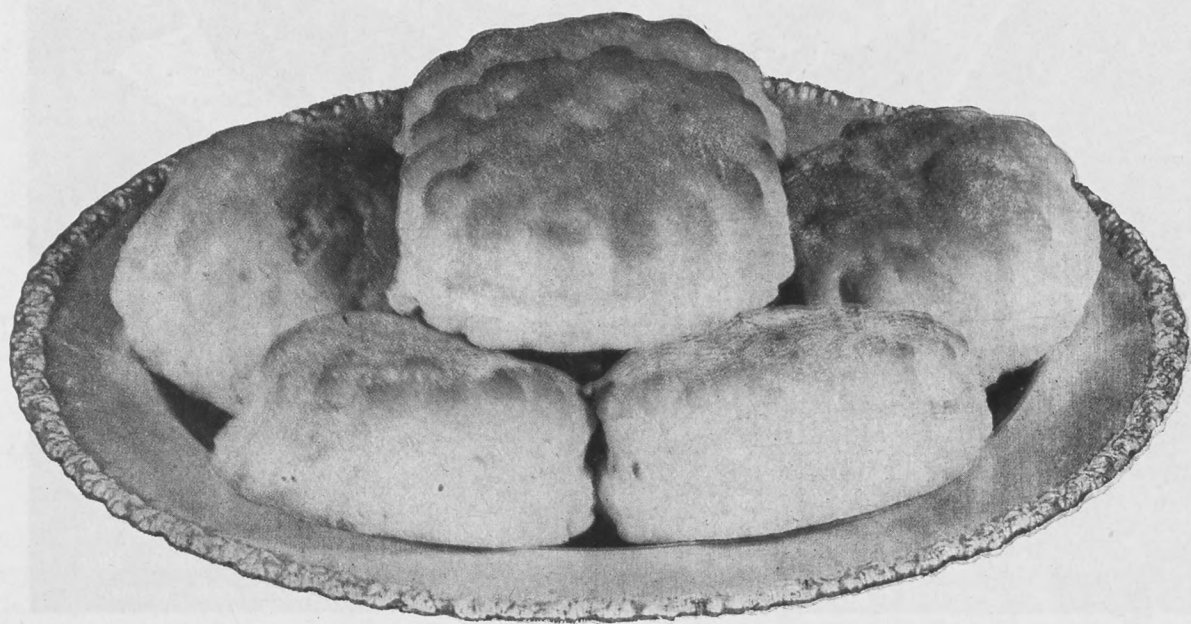
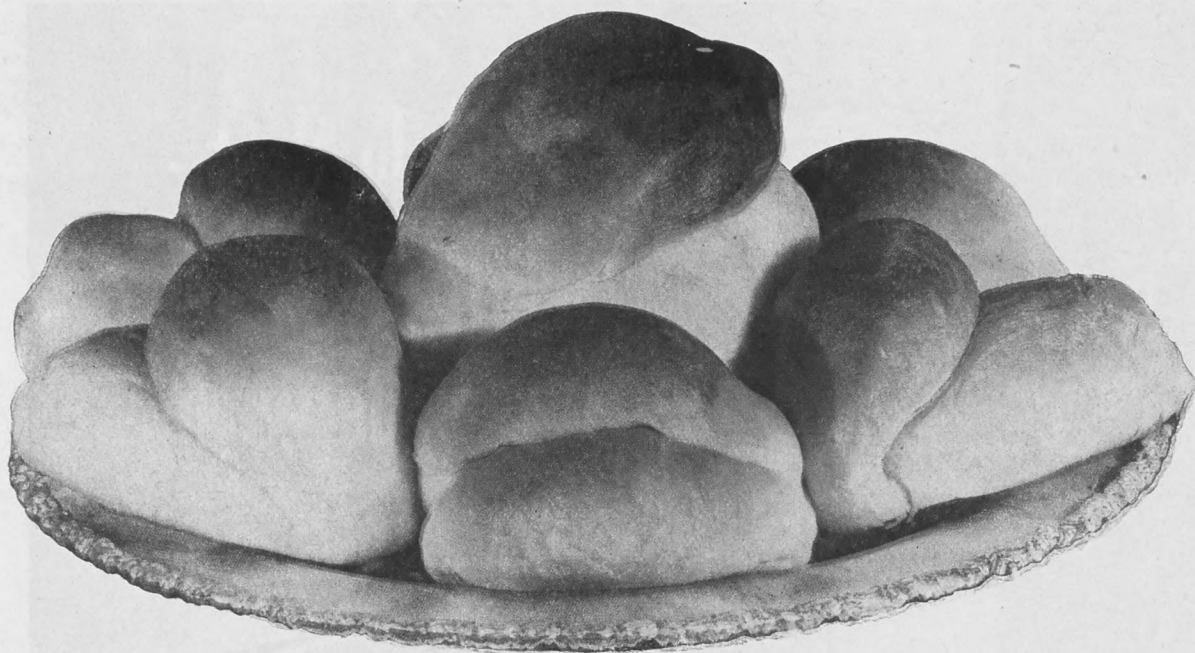
CARAWAY SEED BISCUITS

2 cups <i>Purity Flour</i> .	4 teaspoons sugar.
2 teaspoons baking powder.	Milk or water.
$\frac{1}{2}$ teaspoon salt.	1 tablespoon butter.
2 teaspoons caraway seeds.	

Mix all together thoroughly, then wet with milk or water, as moist as can be rolled, then cut into biscuits. Put in pans, sprinkle with sugar and bake about 15 minutes in a moderate oven.

MAPLE BISCUITS

Rub 2 tablespoons butter into 4 cups of *Purity Flour*, add a little salt to this, and 1 pint of milk to make a soft dough, 1 cup small pieces of maple sugar. Roll about 1 inch thick and cut. Bake in hot oven for 15 minutes or more.





The homely Meat--
Pie is fit for a King
when made with--



PURITY FLOUR

Recipe: Make a paste of $1\frac{1}{2}$ lbs. of **PURITY FLOUR**, $\frac{1}{4}$ lb. of butter, $\frac{3}{4}$ pint of water. Rub the butter lightly into flour and mix to a smooth paste with the water. Roll out two or three times and it is ready.

Cut 3 lbs. of steak into pieces about 2 inches square, allowing a small piece of fat to each. Arrange in layers in a deep pie-dish, sprinkling between each layer salt and pepper to taste. Fill the dish sufficiently to support the crust and stand in the centre a cup turned upside down to take the weight. Pour in water to half fill the dish, put on crust and bake for $1\frac{1}{2}$ hours in a hot oven. (Sufficient for eight persons.)



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BUTTERMILK BISCUITS

2 cups *Purity Flour*.
2 teaspoons cream of tartar.
1 teaspoon soda.
 $\frac{1}{2}$ teaspoon salt.

2 tablespoons shortening.
1 cup currants.
Buttermilk.

Sift flour, cream of tartar, soda and salt thoroughly. Rub in shortening, add currants, add enough buttermilk to make soft dough. Smooth out, handling as little as possible, cut in size desired and bake in hot oven.

BRAN BISCUITS

$\frac{1}{2}$ cup bran.
 $\frac{1}{2}$ cup *Purity Flour*.
2 teaspoons baking powder.

$\frac{1}{2}$ teaspoon salt.
1 tablespoon shortening.
Milk.

Mix dry ingredients, work in the fat and add milk enough to make a soft dough that will drop from the spoon without spreading. Drop on a buttered baking sheet and bake in a hot oven.

GRAHAM BISCUITS

4 cups Graham flour.
3 tablespoons of butter rubbed into flour.
Pinch of salt.

1 cup sugar.
1 teaspoon soda beaten into cup of sour milk.

Add enough more sour milk to make a stiff dough. Roll out very thin and cut in squares like soda crackers. Mark them and bake in a hot oven.

PIN WHEEL BISCUITS OR FRUIT ROLLS

2 cups *Purity Flour*.
4 teaspoons baking powder.
 $\frac{1}{2}$ teaspoon salt.
2 tablespoons sugar.
 $\frac{1}{2}$ teaspoon cinnamon.

2 tablespoons butter.
 $\frac{3}{4}$ cup milk.
 $\frac{1}{2}$ cup stoned raisins (finely chopped).
2 tablespoons citron (finely chopped).

Mix as for baking-powder biscuits. Roll to $\frac{1}{4}$ -inch thickness. Brush over with melted butter and sprinkle with fruit, sugar and cinnamon. Roll like a jelly roll; cut off slices, $\frac{3}{4}$ -inch thickness. Place in buttered tin, and bake in a hot oven 15 minutes. Currants may be used instead of raisins and citron.

PURITY FLOUR

More Bread and Better Bread



SCOTCH SCONES

Four cups *Purity Flour*, 1 teaspoon of soda, $\frac{1}{2}$ teaspoon of cream of tartar, a little salt, 2 tab shortening, sour milk enough to make a soft dough. Roll out $\frac{1}{2}$ inch thick and bake on top of the where the heat is not too great, or on a moderately hot griddle.

HEATHER SCONES

4 cups *Purity Flour*.
3 tablespoons shortening.
2 eggs.

Milk.
1 teaspoon salt.

Sift flour and salt, mix in shortening, make into a dough with milk and beaten eggs, handle roll out and cut in any shape or size required. Bake on a griddle or thick-bottomed frying-pan.

DROPPED SCONES

1 cup *Purity Flour*.
1 cup buttermilk.
2 teaspoons sugar.

$\frac{3}{4}$ teaspoon soda.
 $\frac{1}{4}$ teaspoon tartaric acid.

Mix in a basin the *Purity Flour*, sugar, soda, tartaric acid, add gradually the buttermilk, si it well for a few minutes. Have ready a hot griddle, which rub over with a piece of suet or rind o Put the mixture out in spoonfuls, taking care they are neat round shapes. When the scones are with bubbles on the top, turn them over. When they are a light brown color on both sides they are They should not be turned twice.

OATMEAL SCONES

(See Cereals.)

SHAMROCKS

1 cup milk.
1 egg (white only).
1 quart *Purity Flour*.

1 tablespoon lard.
2 tablespoons sugar.
1 teaspoon salt.

Beat salt, lard and sugar to a cream. Add beaten white of egg. Pour over this milk with yeast. Mould into loaf. Let rise until morning, then cut into tiny balls. Bake in gem pans, putting each pan. Brush the top with lard and when light bake 30 minutes.



Muffins, Pop-overs and Gems



POP-OVERS

2 eggs.
2 cups milk.

2 cups *Purity Flour*.
Salt.

beat eggs thoroughly, add milk and flour and beat together rapidly about 10 minutes. Pour into greased iron moulds and bake 30 minutes. This makes 1 dozen.

TWIN MOUNTAIN MUFFINS

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ cup sugar.
1 egg.

$\frac{3}{4}$ cup milk.
2 cups *Purity Flour*.
3 teaspoons baking powder.

cream the butter, add sugar and egg well beaten. Sift baking powder with the flour and add to the mixture, alternating with milk. Bake in buttered tin gem pans, 25 minutes.

HONEY AND NUT BRAN MUFFINS

$\frac{1}{2}$ cup honey.
1 cup *Purity Flour*.
 $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon soda.
 $\frac{1}{4}$ teaspoon salt.

2 cups bran.
1 tablespoon melted butter.
 $1\frac{1}{2}$ cups sour milk.
 $\frac{3}{4}$ cup finely chopped English walnuts.

Sift together the *Purity Flour*, soda and salt, and mix them with the bran. Add the other ingredients and bake 25 to 30 minutes in a hot oven in gem tins. This will make about 16 large muffins.

GRAHAM MUFFINS

4 tablespoons butter.
4 tablespoons sugar.
2 cups *Purity Flour*.
1 cup Graham flour.

2 cups milk.
3 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.

Prepare same as Plain Muffins.

YEAST MUFFINS

To make these muffins, stir a pint of warm milk into a quart of *Purity Flour*. Add a tablespoon of yeast melted in a little of the milk reserved for the purpose. Add 2 beaten eggs, $\frac{1}{2}$ cup of yeast or $\frac{1}{4}$ yeast and teaspoon of salt. Stir the batter vigorously, beating till it blisters, and let it rise over-night. Then pour in deep muffin cups, filling each one-half full. When the batter rises to the top of the muffin they are ready to put in the oven. Bake 25 minutes.

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OATMEAL MUFFINS

(See Cereals.)

CORNMEAL MUFFINS

(See Cereals.)

SALLY LUNN

3 cups *Purity Flour*.
1½ teaspoons cream of tartar.
1½ tablespoons butter.

½ cup sugar.
½ teaspoon salt.

Mix all together dry, add 2 well-beaten eggs, 1 teaspoon soda dissolved in 1½ cups sour milk. in quick oven.

BRAN MUFFINS

2 cups bran.
1 cup *Purity Flour*.
1 teaspoon soda.

¼ cup butter.
3 tablespoons molasses.
1½ cups sour milk.

Mix dry ingredients, rub butter in, or melt and add last. Add molasses and sour milk, in which has been dissolved. Bake in hot muffin tins from 20 to 25 minutes.

MUFFIN CAKES OR POP-OVERS

Beat 5 eggs and ½ teaspoon salt till they are very light, and add them to a pint of *Purity Flour*. to a batter with a pint of cream and a little salt. Beat thoroughly and bake in muffin tins in a oven.

POP-OVERS (Plain)

1 cup *Purity Flour*.
½ teaspoon salt.
½ teaspoon melted butter.

¾ cup milk.
2 eggs.

Mix salt and flour, add milk gradually in order to obtain a smooth batter. Add eggs beaten light and butter. Beat two minutes, using Dover egg-beater. Turn into hissing hot buttered iron pans and bake 30 to 35 minutes in a hot oven.



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GEMS

- 4 teaspoons sugar.
- 2 teaspoons lard.
- 1 egg well beaten.
- 1½ cups milk.

- A little salt.
- 2 teaspoons baking powder.
- Mixed with sufficient *Purity Flour* to make a stiff batter.

Bake in greased gem pans.

GRAHAM GEMS

- 2 cups Graham flour.
- 1 cup *Purity Flour*.
- 1 tablespoon sugar.
- 3 teaspoons baking powder.

- 1 cup sweet milk.
- 2 tablespoons butter.
- 1 egg.
- A little salt.

Beat butter and sugar together, then add the egg, then the milk and lastly the flour, in which the g powder and salt are well mixed. Bake about half an hour in a moderate oven.



In cases of emergency a bag of PURITY FLOUR is a true friend



Pancakes, Griddle Cakes, Fritters, etc.



BREAD PANCAKES

Soak stale bread in hot water until moistened, press out the water. To 2 cups of softened bread 2 beaten eggs, 1 teaspoon of salt, $\frac{1}{2}$ cup *Purity Flour* in which 1 teaspoon of baking powder has been sifted, and enough milk to make a thin, smooth batter. If sour milk is used, substitute $\frac{1}{2}$ cup soda for one teaspoon baking powder. Bake by spoonfuls on a hot greased griddle.

GRIDDLE CAKES

2 cups *Purity Flour*.
 $1\frac{1}{2}$ cups milk.
3 teaspoons baking powder.

1 egg.
2 tablespoons melted butter.
 $\frac{1}{4}$ teaspoon salt.

Mix and sift the dry ingredients, add the milk and beaten eggs. Beat well. Add the butter and mix again and bake by spoonfuls on a hot griddle. Sour milk with 1 teaspoon of soda dissolved in it may be used instead of sweet milk and baking powder.

RICE PANCAKES

2 cups boiled rice.
2 tablespoons melted butter.
 $\frac{1}{2}$ cup milk.

$\frac{1}{2}$ cup *Purity Flour*.
2 eggs.

Mix in the order given, beat thoroughly, cook like Griddle Cakes.

BUCKWHEAT CAKES

1 quart lukewarm water.
2 cups *Purity Flour*.

Purity Buckwheat Flour to make thin batter.
 $\frac{1}{2}$ cake yeast, dissolved in warm water.

Set in a warm place over-night. In the morning add a pinch of soda dissolved in hot water. Add $\frac{1}{2}$ pint of the batter to set cakes for the next day. May add 1 tablespoon molasses if desired. Bake in a well-greased pan for frying. This batter may be kept for several months without renewing if kept in a cool place.

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WAFFLES

1½ cups *Purity Flour*.
1½ teaspoons baking powder.
¼ teaspoon salt.

1½ cups sweet milk.
1 egg.
2 tablespoons melted butter.

Mix dry ingredients, add milk slowly, egg beaten very light, and the melted butter. Beat batter 2 minutes and drop by spoonfuls on well-greased hot waffle irons.

PLAIN FRITTERS

2 eggs, well beaten.
1 cup sweet milk.
2 teaspoons baking powder.

Pinch of salt.
Sugar if desired.

Use *Purity Flour* to make a batter thicker than pancake batter. Drop into boiling fat and fry until brown. Flavor to taste.

PRUNE AND ORANGE FRITTERS

Stew some nice large prunes, place pieces of orange in prune in place of the stone. Take 1 tablespoon of *Purity Flour*, place in a basin, add 1 tablespoon of milk, 1 well-beaten egg and ½ teaspoon sugar. Drop prunes into this mixture, fry in boiling lard till nicely browned. Serve immediately.

FRENCH PUFF FRITTERS


(See Cream Puff Recipe.)

APPLE FRITTERS

3 large apples.
¾ cup *Purity Flour*.
1 dessertspoon salad oil or melted butter.
2 tablespoons sugar.

½ cup tepid water.
White of 1 egg.
Pinch of salt.

Pare the apples and remove the cores, cut round into slices about ¼ inch in thickness. Put *Purity Flour* into a bowl and pour salad oil in the centre. Over this pour the tepid water and beat all well together. Beat white of egg to a stiff froth and stir into the batter lightly, and when smooth lift the slices of apple with a skewer, dip in the batter and drop them into hot fat or lard. Fry until the apples are soft. When cooked, drain on brown paper and serve with sifted sugar or maple sugar and cream.



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PEACH FRITTERS

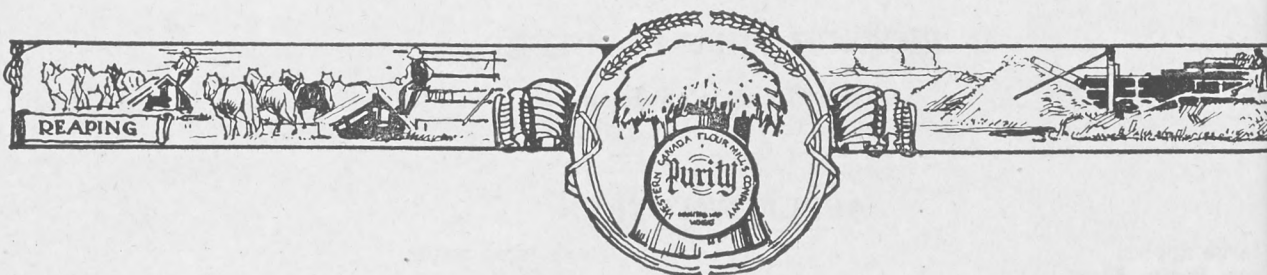
Peel a dozen peaches and cut them in half, removing the stones. Sprinkle them with sugar and have ready at once a batter made by mixing a cup of *Purity Flour*, $\frac{1}{2}$ teaspoon of salt, 1 teaspoon of sugar, and yellow rind of a lemon, grated, adding $\frac{1}{2}$ cup of milk and the yolks and whites of 2 eggs, beaten well, finally add a tablespoon of olive oil or melted butter. Beat the batter thoroughly and dip each half of the peach in the batter so as to completely cover it. Fry the peach fritters in hot oil for 5 or 6 minutes, or till they are a fine brown and are tender through. Sprinkle them lightly with powdered sugar and serve hot.

CHERRY FRITTERS

3 eggs.
1 cup white wine.
1 cup water.
1 tablespoon butter, melted.

1 tablespoon or more of sugar.
A little cinnamon.
Purity Flour enough to make a batter.

Take nice ripe cherries, tie 5 or 6 in a bunch, dip in the batter and fry in lard. Strew with sugar and cinnamon, send to table hot. To be eaten with cream.



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Pastry



For making pastry the best results are obtained by having all the ingredients as cold as possible and keep them so until the pastry goes into the oven. It is the sudden change in temperature, as much as the ingredients used, that makes pastry light. If soft shortening and lukewarm water are used, the result must be poor pastry—tough and not appetizing. Have board and rolling-pin chilled and roll in a cool room if possible. Have hands cool also. For plain paste, lard or a mixture of lard and butter should be used. For very plain crust, lard and good beef dripping. The latter is excellent for pies. For puff paste, butter must be used, and is even better if the salt is thoroughly washed.

It is often desirable to have pastry that is light, flaky and tender, without being too rich, and this can be attained by the addition of a little baking powder and reduction of the amount of fat. This gives equally good results as to appearance and flavor, at much less expense.

For making fruit pies always cook the sugar with the fruit, not on top, or the crust will be soggy. Pie crusts should be quite thin and rolled a little larger than the tin to allow for shrinkage. When making a juicy fruit pie, make an incision in the centre, and place a small funnel-shaped piece of paper in the incision. This will keep the juice from escaping at the sides of the pie.

Baking, pastry requires from 30 to 45 minutes.

PUFF PASTE


1 pound *Purity Flour*.
1 teaspoon salt.

1 pound butter.
Ice water.

Make everything clean and cold. Wash the butter in cold water. Reserve one-third of a pound. Divide the remaining two-thirds into 4 equal parts and pat each into a thin sheet. Set these sheets on ice. Sift the flour and salt, cut and rub the reserved butter into it and make as stiff as possible with your hands. Dust moulding-board slightly with flour, turn the paste on to board and knead for one minute. Roll out for 5 minutes. Beat and roll the paste into an oblong sheet $\frac{1}{8}$ inch thick. Place one sheet of butter on the middle of the paste, fold the paste, letting the right third fold over, the left third fold over. The paste is now in a rectangular shape and with a little care in rolling can be kept so through subsequent foldings and rollings. Roll out to $\frac{1}{4}$ inch thick, fold as before, but without butter. Repeat the time of folding, enclose the second piece of butter, and continue adding it at every alternate time until the butter has all been used. As there were 4 sheets of butter, that will make 8 times of rolling the paste. Finally give 1 or 2 extra turns. Lay on ice until needed for use. Let the paste lie for several hours before being baked. If the paste sticks to the board or pin, lay on ice and chill through. Scrape the board clean. Polish with a dry cloth and dust with fresh flour before rolling again. Use as little flour in rolling as possible, but use enough to keep the paste dry. Roll with a light even long stroke, in every direction, but never work the rolling pin back and forth, as this tends to harden the paste and toughens it, besides breaking the bubbles of air. The number of layers of paste and the way of rolling make it flaky, and every bubble of air that is folded in helps it to rise and puff in the oven.

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TARTS

Roll puff paste $\frac{1}{4}$ inch thick, cut with fluted cutter, bake, fill with jelly or jam. They are cold.

PATTY CASES

Make the rule for puff paste. It will be sufficient for 12 large cases or 20 small ones. the paste for patties, roll about $\frac{1}{4}$ inch in thickness and stamp out with $2\frac{1}{4}$ -inch cutter, twice as many pieces as you wish shells. Cut centres from one-half of them, leaving the rim about $\frac{1}{2}$ inch wide. Press these rings on the whole rounds, pressing them down that they may stick together. In very cold weather it may be necessary to wet the top of the large rounds near the edge to make sure that the rings will not slip. To make very deep shells roll the paste about $\frac{1}{8}$ inch thick and lay on 2 rings, or even 3, if they are troublesome to make as they are apt to slip to one side. The oven should be as hot as for white bread. Patty shells should rise in 10 minutes and then take about 20 minutes longer to become through and brown. There will usually be a little soft dough in the centre that should be picked out with a fork, taking great care not to break through the side or bottom crust. The filling gives the name to the dish. Any kind of delicate meat, game, fish or shell fish may be used. Moisten filling with melted butter, gravy or sauce.

TULIP SHELLS

Break 2 eggs into a bowl. Add a little salt with *Purity Flour* enough to make a paste. Roll out the paste and cut out with a fancy cake cutter. Lay 2 together and put on the end of a kitchen towel. Work them up and down in boiling lard till done. When cold fill with jelly.

PLAIN PASTRY

$1\frac{1}{2}$ cups *Purity Flour*.
 $\frac{1}{2}$ cup shortening.

$\frac{1}{2}$ teaspoon salt.
Cold water.

Mix flour and salt, cutting in the shortening until mixture is like fine meal. Mix to a paste with ice water. Roll out thin into 2 crusts, keeping everything as cold as possible. If desired, the crusts may be made at one time to last several days, but it must be kept ice cold.





Better biscuits
are best made with

PURITY FLOUR



CUSTARD PIE

2 eggs.
3 tablespoons sugar.
Pinch of salt.

1½ cups milk.
Nutmeg.

il milk, add sugar. Remove from stove and cool. Add eggs well beaten. Line pie-tin with pastry
d custard. Sprinkle with nutmeg. The boiling of the milk adds to the flavor of the custard.
a quick oven at first to set the rim. Decrease the heat afterwards, as egg and milk in combination
be cooked at low temperature.

PUMPKIN PIE

1½ cups steamed and strained pumpkin.
¾ cup brown sugar.
1 teaspoon cinnamon.
½ teaspoon ginger.

½ teaspoon salt.
2 eggs.
1½ cups milk.
½ cup cream.

el pumpkin, cut it in pieces and cook it very slowly for 4 or 5 hours, with only water enough to
from burning. This slow cooking makes the pumpkin rich and sweet. When it is done, mash it
ain through a colander. To the pumpkin add the boiling milk, salt and spices. Beat eggs well
into the cream. Add this to the pumpkin mixture. Add sugar, line pie-plates with plain pastry,
t over with white of egg. Crimp an ornamental border of puff paste around the pie and fill it with
apkin custard. Bake in a moderately hot oven until they are firm in centre and brown. This makes

A DELICIOUS CHERRY TART

ne the pie-tin with rich paste. Sprinkle over it about a level teaspoon of sifted *Purity Flour* and
butter. Put into it the fresh cherries, stemmed and seeded and mixed with ½ cup granulated
When baked take from the oven and cover with a thin meringue, made of the white of 1 egg
to a stiff froth with a large spoonful of pulverized sugar. Return to the oven long enough to
ie meringue a light brown. Fresh currants may be used for this pie.

MOCK CHERRY PIE

1 cup cranberries.
½ cup seeded raisins.
1 tablespoon *Purity Flour*.
Pinch of salt.

1 cup sugar.
½ cup boiling water.
1 teaspoon vanilla.

at the cranberries in half and add to the chopped raisins. Mix sugar and *Purity Flour* together
d to fruit. Pour on the boiling water and add flavoring. Bake in 2 crusts.



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LEMON PIE

2 lemons.
1 cup white sugar.
1 tablespoon melted butter.

2 eggs.
4 tablespoons *Purity Flour*.

Put 2 cups water and the sugar in saucepan and let it come to a boil. Wet the flour with water and stir it into the boiling water until it thickens. Add the grated rind of the lemons, butter and yolk of eggs and lemon juice. Let stand till cool. Bake your crust, then add mixture. Use 2 eggs for a meringue. Enough for 2 shallow pies or 1 very deep one.

CHOCOLATE PIE

1 cup milk.
2 tablespoons grated chocolate.
 $\frac{3}{4}$ cup sugar.

Yolks of 2 eggs.
1 teaspoon *Purity Flour*.

Heat chocolate and milk together. Mix *Purity Flour* in a tablespoon of cold milk and add to mixture. Add sugar and the yolks of eggs beaten to a cream. Flavor with vanilla, bake with unspread beaten whites on top and put in oven till light brown.

SQUASH PIE

Pare squash, cut into pieces, steam until soft, rub through a coarse sieve.

2 cups squash.
 $\frac{1}{2}$ cup sugar.
Juice and grated rind of $\frac{1}{2}$ lemon.
 $\frac{1}{4}$ nutmeg grated.
 $\frac{1}{2}$ tablespoon ginger.

$\frac{1}{2}$ tablespoon cinnamon.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup cream.
2 eggs.
1 $\frac{1}{2}$ pints milk.

Mix squash, sugar and spices with the cream. Beat eggs and add to the milk. Combine mixtures. Line a dish with pastry and fill with the mixture. Bake until the filling is set. make 2 deep pies or 3 shallow ones.

RAISIN PIE

$\frac{3}{4}$ package seeded raisins.
1 $\frac{1}{2}$ cups water.
1 cup sugar.
Pinch of salt.

1 tablespoon *Purity Flour*.
2 tablespoons butter.
1 well-beaten egg.

Put water on raisins, mix sugar and flour and add to raisins. Add butter and salt. Cool mixtures. Cool and add well-beaten egg. If spice is desired, use a little nutmeg and allspice. Bake 2 crusts.



MINCE PIE (Plain)

cups chopped beef.
 cups sugar.
 nutmeg.
 cups boiled cider.
 lemons (rind and juice), or a sour orange.
 4 teaspoons salt.
 4 teaspoons cinnamon.
 4 cups chopped fruit (raisins, citron, currants).
 1 teaspoon cloves.
 1 cup suet, finely chopped.

with
 ter
 Usex and scald. Pack down in jars and pour a little brandy on top. When required for use, add
 chopped apples and stoned raisins.

MINCE MEAT (Without alcoholic liquor)

x together 1 cup chopped apples, $\frac{1}{2}$ cup raisins, seeded and chopped, $\frac{1}{2}$ cup currants and $\frac{1}{2}$ cup
 tablespoon molasses, 1 tablespoon boiled cider, 1 cup sugar, 1 teaspoon cinnamon, $\frac{1}{2}$ teaspoon cloves,
 d & eg, grated, $\frac{1}{4}$ teaspoon mace, 1 teaspoon salt. Add enough stock, in which meat was cooked, to
 ur. Heat gradually to boiling point and simmer 1 hour. Then add 1 cup of chopped meat and
 spoons of any tart jelly. Cook 15 minutes.


CHEESE CAKE

ix 1 teaspoon of rennet in a quart of new milk, heated to blood heat. When the curds form, drain
 n a bag like ordinary pot cheese and then beat them in a bowl as fine as possible. Add 4 eggs beaten
 : tablespoons sugar, 2 heaping tablespoons creamed butter, 1 saltspoon of salt, a little nutmeg,
 you wish, pinch of yellow peel of an orange. Pour the mixture into a lined pie-tin and bake
 the same time as a custard pie. Still another cheese cake is flavored with almonds: $\frac{1}{4}$ pound blanched
 ds with 1 or 2 bitter almonds, pounded to a smooth paste and added to the butter, beaten curds
 ng.

CHEESE CAKES (Individual)

1 cup sweet milk.	1 lemon.
1 cup sour milk.	Yolks of 4 eggs.
1 cup sugar.	Speck of salt.

Put all the milk in a double boiler and cook until it curds. Then strain. Rub the curd through
 ole, beat the sugar and yolks of eggs. Add the rind and juice of the lemon and the curd. Line
 pans with puff paste, rolled very thin. Put a large spoonful of the mixture in each one and bake
 15 to 20 minutes. Do not remove from the pans till cold.



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BANBURY TARTS

1 lemon (juice and grated rind).
1 cup raisins, seeded and chopped fine.
1 tablespoon cracker crumbs.

$\frac{1}{2}$ cup brown sugar.
1 egg.

Bake in turnovers or patty pans, or better still, roll trimmings of puff paste, as thin as possible. Put a layer on a baking sheet, spread with above mixture, and cover with another thin layer. Mark off with a pastry jagger in strips 4 inches long by 2 inches wide. Bake in a quick oven. Also nice with the following filling:

$\frac{1}{2}$ pound figs.
2 ounces citron.

$\frac{1}{4}$ cup pistachio nuts or almonds.
2 ounces seeded raisins.

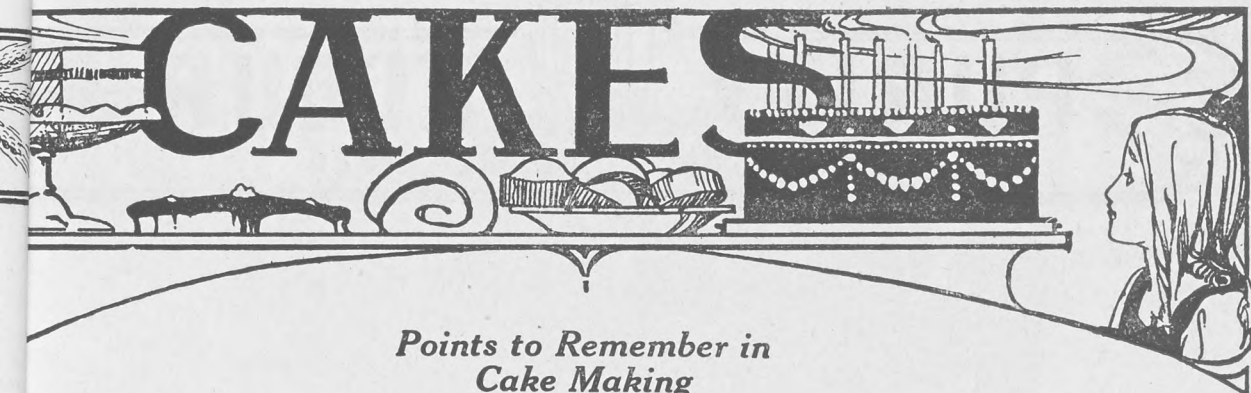
Chop all very fine, add 1 egg well beaten, and use like above filling.

CHEESE STRAWS

Roll puff or plain paste, $\frac{1}{4}$ inch thick. Sprinkle one half with grated cheese, to which has been added a few grains of salt and cayenne. Fold, press edges together firmly, fold again, pat and roll out $\frac{1}{4}$ inch thick. Sprinkle with cheese and proceed as before. Repeat twice. Cut in strips 5 inches long by $\frac{1}{4}$ inch wide. Bake 8 minutes in a hot oven. Cheese Straws are served with cheese or salad courses.



Bake PURITY FLOUR Pastry and please your guests



Points to Remember in Cake Making

as
er mixing and baking of cake requires more care and judgment than any other branch of cook-
ing, notwithstanding the fact that it is the one most frequently attempted by the beginner.
ays mix your cake in an earthen bowl.

e order in which ingredients are combined is most important.

asure dry ingredients and mix and sift baking powder and spices, if used, with flour.

ur is always measured after being sifted.

it, when added to cake, is usually floured to prevent settling to the bottom. This is not neces-
t is added directly after the sugar, which is desirable in all dark cakes.

en baking cake, arrange to have nothing else in the oven, and place as near the centre of oven as
so it will cook uniformly.

move cake from pans as soon as it comes from oven.

es are classified as follows:

1. Cakes without butter, sponge cake, etc.
2. Cakes with butter, pound cake, cup cakes, etc.

Method of Mixing Cakes without Butter.—Separate yolks from whites (if both are used), beat
til thick, add sugar gradually, continue beating, add flavoring. Beat whites until stiff and dry.
to first mixture. Cut and fold in the flour in which the salt has been sifted. Do not stir or beat
e flour has been folded in.

Method of Mixing Cakes with Butter.—Have the bowl slightly warm, cream butter and sugar, add
radually, and yolks well beaten, flavoring. Sift flour, salt and baking powder thoroughly and
he batter alternating with the milk. Fold in the egg whites beaten very stiff.

ANGEL CAKE


Whites of 8 eggs.
1 teaspoon cream of tartar.
1 cup fine granulated sugar.

$\frac{1}{2}$ cup Purity Flour.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon vanilla.

ut whites of eggs until frothy. Add cream of tartar and continue beating until eggs are stiff, then
ar gradually. Fold in flour mixed with salt and sifted 4 times and add vanilla. Bake 45 to
ites in an unbuttered Angel Cake pan. Have the oven slow for the first 20 minutes, then increase
After cake has risen and begun to brown, cover gently with a buttered paper. Do not jar oven
aking. When baked, run a thin knife around it, support the inverted pan, and let cake gradually
t.

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BOILED SUGAR SPONGE CAKE

$\frac{1}{4}$ cup water.
 $\frac{3}{4}$ cup sugar.
1 cup *Purity Flour*.

3 eggs.
Flavoring.

Boil sugar and water until it threads. Beat eggs with a Dover beater until very light. Pour in a pan of cold water and pour the syrup into the eggs gradually, beating all the time, and beating until very light. Add flavoring and sift in the flour, folding in very carefully. Bake in a moderate oven about 25 minutes.

SPONGE CAKE

3 eggs.
 $\frac{1}{2}$ cup granulated sugar (fine).
Grated rind and juice of 1 lemon.

$\frac{1}{2}$ cup *Purity Flour*.
Pinch of salt.

Sift flour and salt, beat eggs separately, add the sugar slowly to the beaten yolks, add lemon rind, then the whites beaten very stiff. Fold in the flour. Bake in a rather deep tin for 40 minutes. Bake slowly and do not disturb while baking. When sponge cake is removed from the tin it should be placed where it will not cool too quickly at first. This will help to prevent it from falling.

CHILDREN'S SPONGE CAKE

4 eggs.
1 cup sugar.
4 tablespoons cold water.

1 cup *Purity Flour*.
2 teaspoons baking powder.
Flavoring.

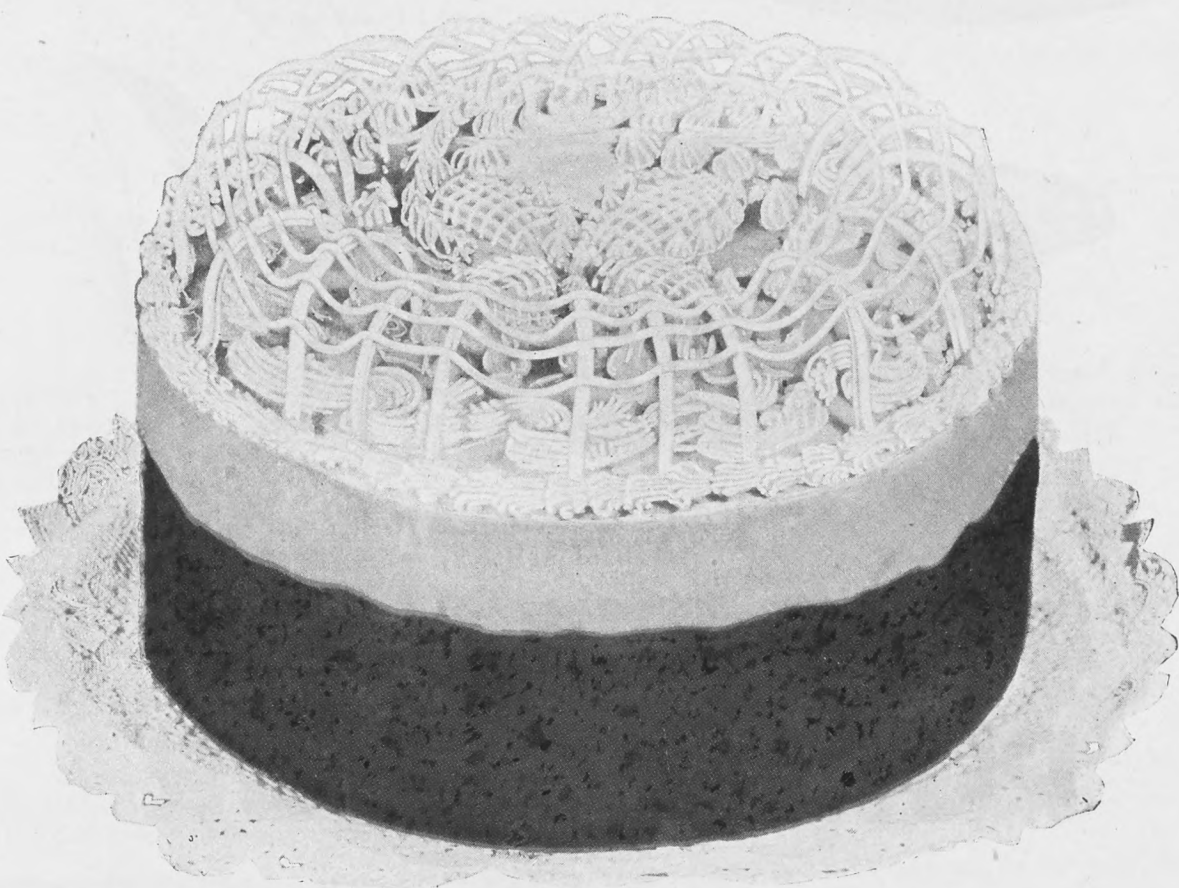
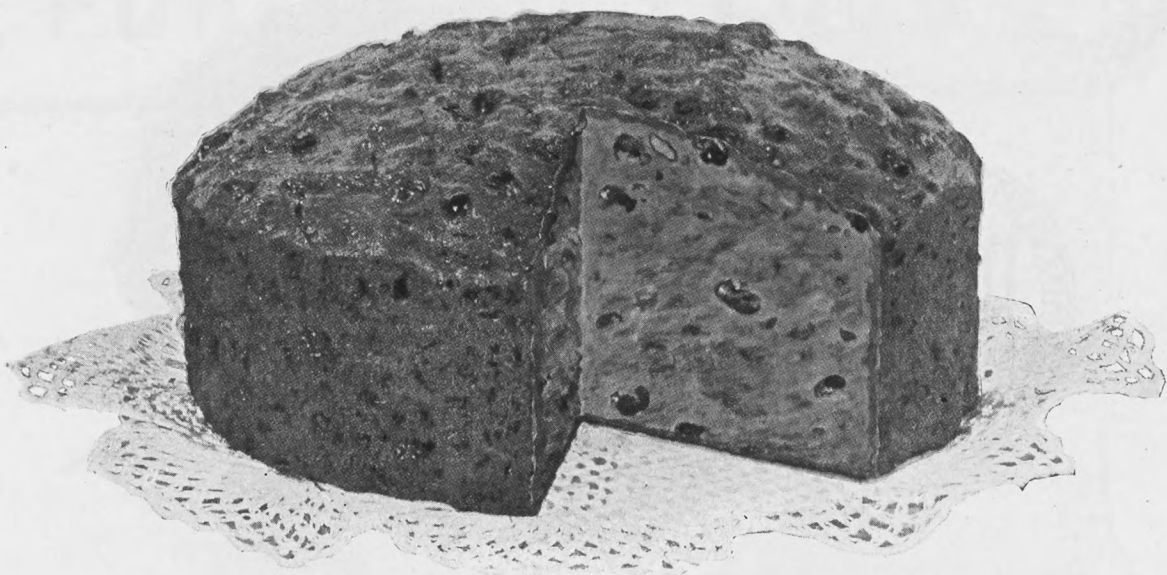
Beat the yolks of eggs, add 1 cup sugar and beat until very light. Add cold water, then the baking powder which the baking powder has been thoroughly sifted. Lastly fold in the whites of eggs beaten stiff.

LILY CAKE

$\frac{1}{2}$ cup butter.
1 cup sugar.
 $\frac{1}{2}$ cup milk.
1 $\frac{1}{2}$ cups *Purity Flour*.

2 $\frac{1}{2}$ teaspoons baking powder.
Whites of 3 eggs.
 $\frac{1}{2}$ teaspoon lemon extract.
 $\frac{1}{2}$ teaspoon vanilla.

Cream butter and sugar, add milk and flour in which baking powder has been thoroughly sifted. Then the beaten whites of eggs and flavoring. Beat thoroughly and bake in a moderate oven. The cake is delicious with orange icing, and the contrast in color makes it more attractive.





Of course, it was made from
PURITY FLOUR



EXCELLENT LAYER CAKE

1½ cups white sugar.
 ¾ cup butter.
 2 cups *Purity Flour*.

2 teaspoons baking powder.
 ½ cup milk.
 3 eggs.

Cream butter and sugar, add beaten egg yolks, then the beaten whites, milk, and mix thoroughly. Add flour in which baking powder has been sifted. Bake in a moderate oven about 20 minutes. Ice with chocolate or any well-flavored icing.

COCOANUT CAKE

1½ cups sugar.
 ¾ cup butter.
 ½ cup milk.
 Whites of 4 eggs.

½ teaspoon soda.
 1 teaspoon cream of tartar.
 2 cups *Purity Flour*.

Put cocoanut into the milk and let it stand while making the cake. Mix and bake as layer cake above.

COFFEE SPICE CAKE

¾ cup butter.
 1 cup sugar.
 2 eggs.
 1 cup strong coffee.
 1 cup molasses.
 1 cup chopped raisins.

1 teaspoon soda.
 1 teaspoon cinnamon.
 ½ teaspoon cloves.
 Little grated nutmeg.
 2½ cups *Purity Flour*.

Cream butter and sugar, add eggs slightly beaten. To this add 1 cup of the flour, coffee and molasses when the soda has been mixed. Then add remainder of flour, in which the spices have been sifted, and chopped raisins mixed. Bake in 3 layers and put together with frosting, or bake in a loaf. Raisins may be omitted.

FRUIT CAKE, No. 1

1 cup raisins.
 1 cup currants.
 1 cup brown sugar.
 1 cup molasses.
 1 cup butter.
 1 teaspoon soda.

½ cup lard.
 4 eggs.
 1 teaspoon cinnamon.
 ½ teaspoon each of allspice, cloves and nutmeg.
Purity Flour to make stiff batter.

Cream shortening and sugar, add molasses in which the soda has been mixed, then add a little of the well-beaten eggs, spices and fruit which has been dredged with flour. Make to a stiff batter. Bake in a moderate oven about 2 hours.



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FRUIT CAKE, No. 2

- | | |
|---|--|
| $\frac{1}{2}$ cup butter. | 1 cup raisins (chopped). |
| 1 cup sugar (brown). | $\frac{1}{4}$ pound citron (cut very fine). |
| $2\frac{1}{2}$ cups <i>Purity Flour</i> . | 1 teaspoon each cinnamon, cloves and nutmeg. |
| 2 eggs. | 2 tablespoons molasses. |
| 1 cup chopped nuts. | 1 teaspoon soda. |
| 1 cup sour cream. | |

Combine as Fruit Cake No. 1.

CHRISTMAS CAKE

- | | |
|---|------------------------------|
| 1 pound butter. | 1 pound brown sugar. |
| 5 pounds raisins. | 3 pounds currants. |
| $\frac{1}{2}$ pound mixed peel. | $\frac{1}{2}$ pound almonds. |
| 6 cups <i>Purity Flour</i> . | 1 cup molasses. |
| 2 teaspoons mixed spices (cinnamon, allspice, nutmeg and mace). | 3 teaspoons baking powder. |
| | 8 eggs. |

Mix as Fruit Cake No. 1. Steam 2 hours and bake 2 hours in a moderate oven.

WHITE FRUIT CAKE

- | | |
|------------------------------|--|
| 1 cup butter. | 3 teaspoons baking powder. |
| 2 cups sugar. | $\frac{1}{2}$ glass white wine if desired. |
| 3 cups <i>Purity Flour</i> . | $\frac{1}{4}$ pound citron. |
| 1 teaspoon salt. | $\frac{1}{2}$ pound almonds. |
| 8 egg whites. | 1 cup light sultana raisins. |
| $\frac{3}{4}$ cup cocoanut. | |

Cream butter and sugar, add wine, then the baking powder, flour and salt sifted together. Beat whites of egg very stiff and fold in. Lastly add grated cocoanut and other ingredients. Bake 3 hours in a slow oven. Bakes best in a deep pan if a tube in the centre is used.

GOLDEN CAKE

- | | |
|---------------------------|---|
| $\frac{1}{2}$ cup butter. | 1 teaspoon orange extract. |
| $\frac{1}{2}$ cup sugar. | $\frac{3}{4}$ cup <i>Purity Flour</i> . |
| Yolks of 5 eggs. | $1\frac{1}{2}$ teaspoons baking powder. |
| $\frac{1}{4}$ cup milk. | |

Cream the butter, add sugar gradually, and yolks of eggs beaten until thick and lemon-colored. Add extract. Mix and sift flour and baking powder, and add alternately with milk to first mixture. Omit orange extract and add $\frac{1}{2}$ cup nutmeat cut in small pieces. This may be baked in one tin or in individual tins.



POUND CAKE

Wash and dry $\frac{1}{2}$ pound butter. Beat until it is quite creamy, then add $\frac{1}{2}$ pound sugar. Beat it until like the lightest and whitest hard sauce, then add 1 egg. Beat until it is quite incorporated, add another and beat again, and so on until 5 eggs are used. Take great care that each egg is completely incorporated before the next is added. This requires from 3 to 5 minutes beating between eggs. (The success of the cake depends upon sufficient beating.) When eggs, sugar and butter like thick yellow cream, add gradually a small glass of wine or brandy and $\frac{1}{2}$ wineglass of rose-

Mix well together, then sift into the ingredients 2 cups of *Purity Flour*, well dried and very dry warmed, to which $\frac{1}{2}$ saltspoon of salt has been added. Line a round cake-pan with upright with buttered paper neatly fitted and pour the batter into it. Sift powdered sugar over the surface. Bake this cake $1\frac{1}{2}$ hours in a very slow oven. It should have a cardboard cover laid on the top for the flour, which may then be removed and the cake allowed to brown slowly. Be very careful not to over-bake while cooking.

NUT AND DATE LOAF

1 cup sugar.
 $\frac{3}{4}$ cup butter.
2 eggs.
1 cup milk.
2 cups dates (stoned and chopped).

$\frac{1}{2}$ cup chopped walnuts.
3 cups *Purity Flour*.
1 teaspoon salt.
3 teaspoons baking powder.

Cream butter and sugar, add eggs and beat thoroughly. Add part of the flour, then the milk, dates and nuts. Then the remainder of the flour in which baking powder and salt have been thoroughly sifted. Bake in a moderate oven about 40 minutes.

CREAM CAKE

1 cup sugar.
1 tablespoon butter.
1 cup sweet milk.
1 teaspoon flavoring.

2 eggs.
2 cups *Purity Flour*.
2 teaspoons baking powder.
Pinch of salt.

Mix as you would Butter Cake, folding in the well-beaten whites of eggs the last thing. Use a rich filling, made by the same method as orange filling, and sprinkle the top layer with cocoanut.

ORANGE CREAM CAKE

4 eggs.
1 cup sugar.

1 cup *Purity Flour*.
1 teaspoon baking powder.

Beat eggs and sugar together thoroughly. Fold in slowly the *Purity Flour* and baking powder sifted together. Bake in slow oven. This cake baked as a loaf makes a good sponge cake.



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ORANGE FILLING

1 tablespoon cornstarch.
1 cup sugar.

1 orange.

Wet cornstarch with a very little cold water and stir in enough boiling water to thicken (1 cup). Add juice and half the grated rind of orange. Stir and let boil about 10 minutes. Put in half of grated rind in icing for cake.

Still another way of finishing this cake: Bake in layers and let them get cold. Take 1 cup thick cream and beat until light. Sweeten and flavor with vanilla. Pour hot water over cup of to remove the skins. Chop fine and then mix with the cream. Spread thickly between the layers. To be served at once.

PLAIN CAKE

$\frac{1}{2}$ cup milk.
1 cup sugar.
 $\frac{1}{2}$ cup butter.

2 cups *Purity Flour*.
2 teaspoons baking powder.
2 eggs.

Mix as you would any butter cake. This cake may be used as a layer cake or baked in a may be varied by adding nuts or peel or a cup of seedless raisins.

SANDWICH CAKE

$\frac{1}{2}$ cup butter.
Whites of 4 eggs.
2 teaspoons baking powder.

1 cup sugar.
 $\frac{1}{2}$ cup milk.
 $1\frac{1}{2}$ cups *Purity Flour*.

Pour a little of the batter on the bottom of the buttered pan, then spread a small cup of raisins, walnuts, finely chopped and dredged in a little flour. Then pour in the rest of the batter. Ice with icing flavored with rosewater and chopped walnuts on top.

ROLLED JELLY CAKE

1 cup sugar.
2 tablespoons cold water.
 $\frac{3}{4}$ cup *Purity Flour*.

3 eggs.
2 teaspoons baking powder.

Mix as you would sponge cake. Bake in thin layer. When baked, put on a damp cloth, spread with jelly, and roll it while warm.



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FARMERS' CAKE

1 cup sugar.
1 cup butter.
4 eggs (beaten).

Grated rind of 1 lemon.
2 cups *Purity Flour*.
2 teaspoons baking powder.

Mix as you would any butter cake. Put the batter in greased tin and sprinkle the top lightly with cinnamon and chopped nuts.

MOCHA CAKE

2 tablespoons butter.
 $\frac{3}{4}$ cup milk.
 $\frac{1}{4}$ teaspoon salt.
1 cup *Purity Flour*.
2 squares chocolate.

$\frac{3}{4}$ cup sugar.
1 egg.
 $\frac{1}{2}$ teaspoon vanilla.
1 teaspoon baking powder.

cream butter and sugar, add yolk of egg, beat well. Then add milk, salt, vanilla and flour, alternately. Add melted chocolate, mix well, fold in beaten white of egg. May be cooked in one layer or two, as desired.

FILLING

1 cup confectioners' sugar.
1 tablespoon soft butter.
2 teaspoons cocoa.

$\frac{1}{2}$ teaspoon vanilla.
2 or 3 teaspoons strong coffee.

Chop almonds fine and sprinkle on top of Mocha icing.

ORANGE CAKE

2 cups sugar.
 $\frac{3}{4}$ cup butter.
3 eggs.
 $3\frac{1}{2}$ cups *Purity Flour*.

3 teaspoons baking powder.
1 cup water, to which has been added juice of 2 oranges and grated rind of 1.

Mix as any butter cake, and put together with the following filling:

1 egg.
1 tablespoon butter.
1 tablespoon *Purity Flour*.

$1\frac{1}{2}$ oranges, rind and juice.
 $\frac{1}{2}$ cup sugar.

Stir these together over boiling water until thickened.



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RIBBON CAKE

- | | |
|----------------|------------------------------|
| 1½ cups sugar. | 2 cups <i>Purity Flour</i> . |
| ½ cup butter. | 2 teaspoons baking powder. |
| ½ cup milk. | 3 eggs. |

Take about $\frac{1}{3}$ of this batter and add to it a dessertspoon of mixed brown spices and $\frac{1}{2}$ cup. Bake 2 cakes of light in tins and put the dark between.

SPANISH BUN

- | | |
|-------------------------------|------------------------|
| 1 cup butter. | 3 eggs. |
| 1½ cups brown sugar. | 3 teaspoons cinnamon. |
| 1 cup sweet milk. | 1 teaspoon cloves. |
| 2½ cups <i>Purity Flour</i> . | 1 nutmeg. |
| 1 teaspoon soda. | 1 cup chopped raisins. |
| 1 teaspoon cream of tartar. | |

Mix as any butter cake, and bake 1 hour in a rather slow oven. Good flavored, clarified may be used in place of part of the butter in spice cakes. The delicate flavor of the butter is lost by the spices.

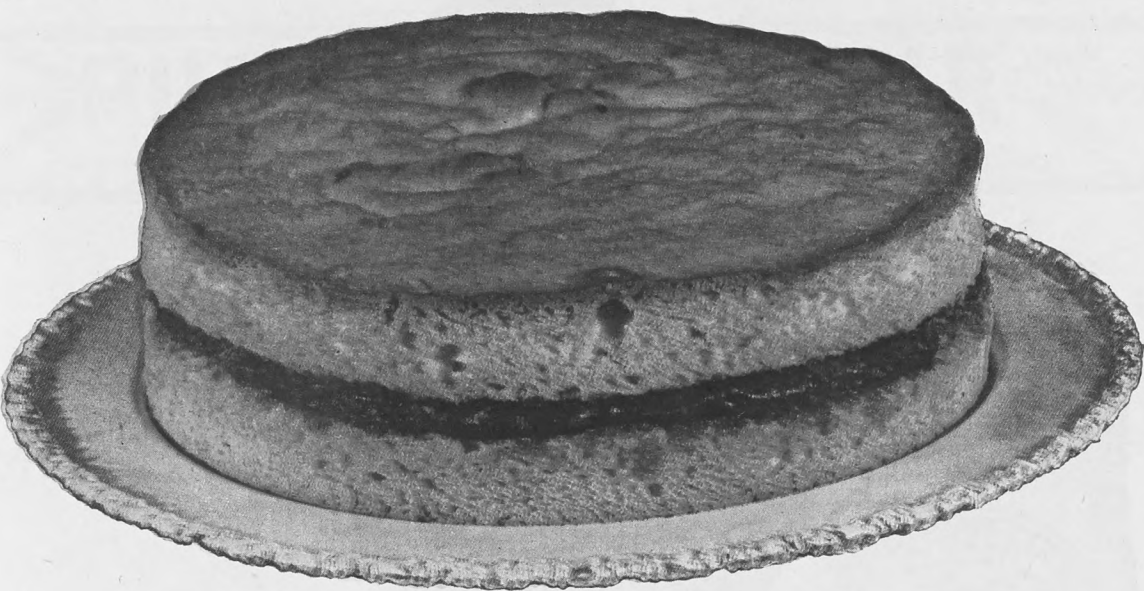
LUNCHEON CAKE

- | | |
|-------------------------------|-----------------------------|
| 1 cup butter. | 1 cup sweet milk. |
| 3 eggs. | 2 cups sugar. |
| ½ teaspoon soda. | 1 teaspoon cream of tartar. |
| ½ pound lemon peel or some | 1 pound raisins or dates. |
| chopped almonds. | Juice of 1 lemon. |
| 2½ cups <i>Purity Flour</i> . | |

Mix as you would any butter cake. Bake from 1 to 1½ hours in a moderate oven.

PEANUT CAKE

Beat 1 egg in a mixing bowl. Add 1 cup granulated sugar and stir until dissolved. Mix in 3 spoons melted butter. Sift 1½ cups *Purity Flour* with teaspoon of baking powder. Gradually mix this into the other ingredients, alternating with $\frac{1}{2}$ cup sweet milk. Beat all together briskly in 1 cup salted peanuts that have been halved. Bake in a thin sheet quickly. Frost with plain frosting, scattering some salted peanuts over it.





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RASPBERRY CAKE

$\frac{3}{4}$ cup butter.
3 eggs.
 $1\frac{1}{2}$ cups *Purity Flour*.
1 teaspoon soda.

$\frac{1}{4}$ teaspoon salt.
1 cup sugar.
1 cup canned or fresh raspberries.

Cream butter and sugar, add egg yolks, flour in which soda and salt have been sifted, and the fruit. Add the whites of eggs. Ice with Mocha icing.

CHOCOLATE CAKE

$\frac{1}{2}$ cup butter.
1 cup sugar.
3 eggs.
 $\frac{1}{2}$ cup milk.

$1\frac{1}{2}$ cups *Purity Flour*.
3 teaspoons baking powder.
2 ounces Baker's chocolate.
1 teaspoon vanilla.

Cream the butter, add the sugar, add the beaten egg yolks, sift flour and baking powder and alternate the milk; melt the chocolate over the tea kettle and stir into the cake before the whites of eggs, add the whites, and fold in the egg whites beaten very stiff. Bake in shallow square cake tin and frost with cream. When the frosting is cold, spread with melted unsweetened chocolate, or make to a stiff paste with 2 tablespoons of cream, powdered sugar, add flavoring and a square of melted chocolate, and spread.

DEVIL'S FOOD


Cream $\frac{1}{4}$ cup butter, add 1 cup sugar and cream until very light, beat in 2 whole eggs, 1 teaspoon soda, 1 cup thick sour milk, $\frac{1}{2}$ teaspoon baking powder in $1\frac{1}{4}$ cups *Purity Flour*. Break two squares Baker's chocolate in cup and add enough boiling water to make cup half full, and add to cake the last thing. Bake in 2 cups or with vanilla.

SOFT GINGERBREAD

$\frac{3}{4}$ cup molasses.
1 cup brown sugar.
 $\frac{1}{2}$ cup butter.
1 cup sour milk.
3 eggs.

3 cups *Purity Flour*.
1 tablespoon ginger.
1 teaspoon cinnamon.
1 teaspoon soda.

Cream the butter and sugar and add the molasses. Then add the eggs, one at a time, and beat thoroughly. Melt the soda in the sour milk, mixing well. Sift the flour and spices and add to the other mixture, alternating with the milk. Bake either in gem pans or in a ginger cake tin. This will make 24 small cakes or 1 large cake.



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SCOTCH SHORTBREAD

1½ cups *Purity Flour*.
½ cup rice flour.

½ cup butter.
½ cup castor sugar.

Put all into a basin and rub with the fingers until you have a mixture like bread crumbs. Knead with the hands and form a smooth dough free from cracks. Turn out on board sprinkled with flour. Form into a round cake half an inch thick. Mark the edges with your finger and prick with a fork. Place the cake on a papered tin and bake in a moderate oven for about 35 minutes. Cut into pieces while warm, but allow to cool on the tin.

SPONGE CAKE

2 eggs (whites and yolks beaten separate).
1 cup sugar.
Salt.

3 tablespoons cold water.
1 cup *Purity Flour*.
1 teaspoon baking powder. } sifted together

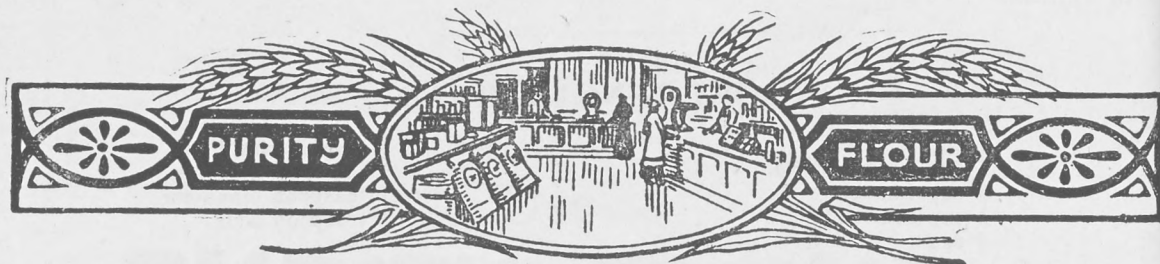
Beat yolks of eggs and add sugar, water, flour, and lastly the whites beaten stiff. Bake in moderate oven about ½ hour.

HERMITS

¾ cup sugar.
½ cup butter.
Salt.
1 egg.
1 teaspoon cream of tartar.
1 tablespoon milk.

½ teaspoon soda.
1 teaspoon cinnamon.
Pinch of nutmeg and cloves.
½ cup seeded raisins, cut fine.
Few chopped walnuts.
2 cups *Purity Flour*.

Roll about ¼ inch thick. Bake in a moderately hot oven.



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Cake Fillings



CUSTARD FILLING

$\frac{7}{8}$ cup sugar.
 $\frac{1}{4}$ cup *Purity Flour*.
 $\frac{1}{8}$ teaspoon salt.
2 eggs.

2 cups scalded milk.
1 teaspoon vanilla, or $\frac{1}{2}$ teaspoon
lemon extract.

Combine dry ingredients, add eggs slightly beaten, and pour on gradually scalded milk. Cook 15 minutes in a double boiler, stirring constantly until thickened. Cool and flavor.

NUT FILLING

Cook together 1 cup sugar, $\frac{1}{2}$ cup cream, about 5 minutes, and just before it is done stir in $\frac{1}{4}$ cup nuts. Cool until cold, then spread between cake.

RAISIN FILLING, No. 1

$\frac{1}{2}$ package seeded raisins.
Juice 1 lemon and 1 orange.

1 cup sugar.
 $\frac{1}{2}$ tablespoon butter.

Boil together; when cool spread between layers.

RAISIN FILLING, No. 2

$1\frac{1}{2}$ cups sugar.
 $\frac{1}{2}$ cup water.

1 package seeded raisins.
Whites of 2 eggs.

Boil sugar and water until it will spin a thread when dropped from spoon. Beat the whites of eggs stiff like frosting, then slowly add the hot syrup, beating constantly, add the raisins ground in a food grinder, and beat the mixture until it thickens. Place upon the cake while still warm, and allow to harden. A cup of chopped walnuts may be added to this if desired.

LEMON AND ALMOND FILLING

Mix the juice and grated rind of a lemon with 1 cup of sugar and the slightly beaten yolks of 2 eggs. Cook in a double boiler, stirring constantly until thick and smooth, then add 1 cup of blanched almonds finely chopped. Use cold.



FIG AND NUT FILLING

Boil 1 cup of sugar and $\frac{1}{2}$ cup of water without stirring until the syrup threads. Pour the a fine stream on to the white of an egg beaten until foamy, but not stiff. Add also $\frac{1}{4}$ pound of chopped and cooked smooth in $\frac{1}{4}$ cup of water and $\frac{1}{2}$ cup English walnuts or pecans finely Stir Beat occasionally until cold.

DATE FILLING

1 cup walnuts.
 $\frac{1}{2}$ pound dates.
 1 cup sugar.
 Yolk of 1 egg.

1 orange, grated rind and juice.
 1 cup water.
 $1\frac{1}{2}$ tablespoons cornstarch, dissolved in part of water.

Boil until it begins to thicken, then add nuts and dates, stoned and cut up fine.

CHOCOLATE FILLING, No. 1

1 cup sugar.
 2 squares chocolate (grated).
 2 tablespoons butter.

$\frac{3}{4}$ cup milk.
 2 tablespoons cornstarch.
 1 teaspoon vanilla.

Mix the cornstarch with a little of the cold milk, add remainder of milk, sugar, grated chocolate and butter. Boil these for 5 or 10 minutes, stirring constantly. Add the vanilla and beat until cold.

CHOCOLATE FILLING, No. 2

1 egg yolk.
 $\frac{1}{2}$ cup sweet milk.

$\frac{3}{4}$ cake chocolate.
 1 cup sugar.

Cook like custard, then flavor with vanilla.

LEMON FILLING, No. 1

Grate the rind of 2 lemons and squeeze the juice into it; $1\frac{1}{2}$ cups sugar, 1 egg and piece of butter of an egg. Stir over boiling water until it thickens. When cold spread on cake.



LEMON FILLING, No. 2

$\frac{1}{2}$ cup boiling water. 1 large lemon grated.
the
and 1 this with $\frac{1}{2}$ cup sugar. When boiling, add 1 tablespoon cornstarch, dissolved in a little cold
ely Stir and boil until thick. When cold it is ready to use.

APPLE FILLING

1 cup sugar. 3 tart apples.
1 lemon. 1 egg.
el and grate apples and add them to well-beaten egg, stirring each apple in well before adding
. When all are in, put into double boiler and stir over the fire until the apple custard is boiling
d quite thick. Cool and spread between the cakes and on top. Eat the day it is baked.

WHIPPED CREAM FILLING

1 pint cream, whipped stiff. $\frac{1}{2}$ pound sweet almonds, blanched and cut into
3 tablespoons powdered sugar. small pieces.
Flavor with lemon juice and rosewater.

his should be put between the layers and on tops and sides of the cake. If the cream is not stiff
, 1 teaspoon of dissolved gelatine may be added.

ORANGE FILLING

2 oranges. 2 egg yolks.
 $\frac{1}{2}$ cup water. $\frac{1}{2}$ lemon.
2 cups sugar.

rate the yellow rind of orange, add it to the water. Boil 5 minutes and strain. Add enough hot
to make $\frac{1}{2}$ cup. Add this to sugar and boil until it threads. Pour it over well-beaten yolks of
nd beat until cool. Add the juice of $\frac{1}{2}$ orange and $\frac{1}{2}$ lemon.

PRUNE-ALMOND FILLING

$\frac{1}{2}$ cup cooked chopped prunes. $\frac{1}{8}$ teaspoon cream of tartar.
 $\frac{1}{2}$ cup blanched and chopped almonds. 1 cup sugar.
White of 1 egg. $\frac{1}{2}$ cup hot water.

oil water and sugar together until they form a thread when a little is lifted in a spoon. Beat the
of the egg and add the cream of tartar to it. Pour the hot syrup over these, beating all the time.
the prunes and almonds and spread at once between layers and on the top of the cake, which must
d before the filling is used.



Cake Frostings



REGAL ICING

To white of 1 egg add a little lemon juice or other flavoring and a few drops of water. powdered sugar until it is of the right consistency to spread. While the cake is still warm, pile on the centre of it and with a wet knife smooth over the top and sides. It will settle into a and glossy surface. If the icing is prepared before the cake is ready, cover it with a wet cloth and quickly hardens. If it becomes too stiff, add a few drops of water and stir again. Color and taste desired. One egg will take about a cup of sugar and will make enough icing to cover one cake. If more is needed, add a little water to the egg and it will then take more sugar. When icing is for decorating a cake, beat the whites to a froth, then beat in the sugar instead of stirring continue to beat until it is firm enough to hold its form. Stirring more sugar into the un whites will make it firm enough for decorating, but the whipped icing is better. Put it into a pan with a small tube or into a paper funnel and press it through into any shape desired. A good made of milk and powdered sugar alone.

FLUFFY FROSTING

Put 1 cup sugar, $\frac{1}{4}$ cup cold water, and a pinch of cream of tartar into a saucepan to cook on moderate fire. Remove from fire when it forms a brittle thread in a cup of cold water, and pour a very thin stream over the whites of 2 eggs beaten stiff and dry, meanwhile continuing the beat the eggs, so that the hot syrup will be evenly combined with the egg white. After syrup is all beat 2 minutes, add flavoring and let cool. Melt over hot water $\frac{1}{2}$ cake Baker's chocolate. When spread over frosting on top and sides of cake, smoothing it to even thickness with a pliable knife frequently into hot water.

CHOCOLATE ICING

1½ cups sugar.
 $\frac{1}{2}$ cup milk.
1 teaspoon butter.

2 squares Baker's chocolate.
1 teaspoon vanilla.

Boil sugar, milk, butter and chocolate until a soft ball is formed in cold water. Beat, and when little cool add vanilla. Beat until of a consistency to spread. This will also do for filling.

ALMOND ICING

Whites of 3 eggs.
3 cups powdered sugar.

1 pound almonds, blanched and chopped fine.
Rose flavoring.

Mix eggs and sugar well together, add almonds and flavoring. Spread on cake, and when dry with white frosting.



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QUICK FROSTING

White of 1 egg.
1 teaspoon lemon juice.

1 cup powdered sugar.

Boil together until the sugar is all wet, then beat with a fork for just 5 minutes. Spread on the cake while warm. To vary, use $\frac{1}{4}$ teaspoon rosewater, $\frac{1}{2}$ teaspoon vanilla, and lemon juice.

ORANGE FROSTING

Squeeze the thin rind of an orange and soak it half an hour in 3 teaspoons of lemon juice. Squeeze juice through a fine muslin and use like the lemon in quick frosting.

MAPLE ICING

1 cup maple sugar.

$\frac{1}{2}$ cup thin cream.

Boil together until it forms a soft ball in water. Stir constantly until it stiffens. Spread quickly on firm cake. Chop a few walnuts and sprinkle over the top if desired.

MAPLE CREAM ICING

1 cup brown sugar.
1 tablespoon milk.

Butter the size of a walnut.

Boil until it forms a ball in water. Add vanilla. Beat until thick and creamy.

MILK FROSTING

5 tablespoons milk.
1 cup granulated sugar.

Lemon or vanilla to flavor.

When sugar is dissolved boil hard for 5 minutes without stirring. Let cool a minute, then beat until begins to turn creamy. Spread on cake. Chocolate or cocoanut may be added to this if desired.



Cookies, Small Cakes, Wafers, etc.



PLAIN COOKIES

1 egg.
1 cup sugar.
 $\frac{1}{2}$ cup butter.

Purity Flour enough to roll out.

$\frac{1}{2}$ cup lard.
 $\frac{1}{2}$ cup cream.
1 teaspoon baking powder.

Cream sugar and shortening, add egg and part of flour, then cream and add balance which baking powder has been sifted. Roll thin and bake in a fairly hot oven.

DROP TEA CAKES

3 cups *Purity Flour*.
 $\frac{1}{2}$ cup sugar.
 $\frac{1}{2}$ cup butter.
Pinch of salt.

$\frac{1}{2}$ cup lard.
 $\frac{1}{2}$ cup currants.
1 egg (beaten).
3 teaspoons baking powder.

Mix all together with milk enough to make a stiff batter and drop into buttered pan, hot oven.

FIG COOKIES

1 cup brown sugar.
 $\frac{1}{2}$ cup shortening.
3 cups *Purity Flour*.

$\frac{1}{2}$ cup sour milk.
1 teaspoon soda.
1 tablespoon molasses.

Roll dough very thin and cut with small cake cutter. Bake. When cool spread with fig press two together.

FIG FILLING

1 pound figs, chopped fine.
 $\frac{1}{2}$ cup brown sugar.

1 cup cold water.

Boil until soft. This filling may be made up in a larger quantity, as it will keep indefinitely and kept in a cool place.

MINT WAFERS

$\frac{1}{4}$ cup butter.
 $\frac{1}{4}$ cup sugar.
1 cup chopped walnuts.

$\frac{1}{4}$ cup *Purity Flour*.
1 egg.
Mint flavoring.

Drop by spoonfuls on slightly buttered tins, and bake.



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BRAN HONEY COOKIES

2 tablespoons butter.
 $\frac{1}{2}$ cup honey.
 2 eggs.
 $\frac{1}{4}$ to $\frac{1}{2}$ teaspoon soda.

$\frac{1}{2}$ cup *Purity Flour*.
 1 cup bran.
 $\frac{1}{8}$ teaspoon powdered aniseed.

cream the honey and butter together, add the eggs unbeaten, and beat the mixture thoroughly. Sift the *Purity Flour*, soda and aniseed. Combine all the ingredients, drop from a teaspoon on to red tin and bake in a moderate oven.

BRAN COOKIES

1 cup shortening.
 1 cup sugar.
 2 eggs.
 3 tablespoons sour milk.
 1 cup chopped nuts.
 1 teaspoon salt.

$\frac{1}{2}$ teaspoon soda.
 1 teaspoon cinnamon.
 $\frac{1}{2}$ teaspoon cloves.
 2 cups *Purity Flour*.
 2 cups bran.

cream the butter, add sugar gradually, the beaten eggs, then milk in which soda has been dissolved, by ingredients mixed together. Add the nuts broken into quarters. Drop from a teaspoon on buttered baking sheets and bake in moderate oven.

MARGUERITES

Make a paste of a cup of chopped nuts and $\frac{1}{2}$ package seeded raisins, mixed with boiled icing. Spread on wafer crackers and put in a hot oven for a minute only to give them a delicate brown. Very good with chocolate or coffee for light refreshments.

MACAROONS

$\frac{1}{2}$ package seeded raisins, chopped.
 $\frac{1}{2}$ cup chopped peanuts.
 1 cup powdered sugar.

2 tablespoons *Purity Flour*.
 Stiffly beaten whites of 2 eggs.

Mix raisins, peanuts, sugar and flour. Fold into the whites of eggs well beaten, and drop mixture by spoonfuls on buttered paper and bake until light brown in a moderate oven.



COCOANUT MACAROONS

2 whites of eggs.
1 cup sugar.

$1\frac{1}{2}$ cups cocoanut.
 $1\frac{1}{2}$ teaspoons cornstarch.

Bake same as plain macaroons.

DATE TART

$\frac{1}{2}$ pound dates.
 $\frac{1}{2}$ pound blanched almonds.
 $1\frac{1}{2}$ cups fruit sugar.

1 teaspoon vanilla.
Whites of 4 eggs.

Stone dates, put through chopper with almonds. Beat the whites of eggs stiff, add sugar gradually, beating all the time, then the fruit and flavoring. Bake in shallow buttered pan in a slow oven one hour. While hot, cut in squares or sticks and remove from pan at once.

ALMOND CAKES

$1\frac{1}{2}$ cups white sugar.
1 cup butter.
 $\frac{1}{2}$ pound almonds, dried and split.

4 eggs.
Purity Flour enough to roll out.

Cream the yolks of eggs, butter and sugar till very light, beat the whites of eggs to a stiff foam, add *Purity Flour*, nuts and whites of eggs last; cut in narrow strips and bake. Nut cakes require oven.

OATMEAL COOKIES

(See Cereals.)

DATE CAKES

(See Cereals.)



PURITY FLOUR

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HONEY DROP CAKES

$\frac{3}{4}$ cup honey.
 $\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ teaspoon cinnamon.
 $\frac{1}{8}$ teaspoon cloves.
 1 egg.

1 cup raisins, cut in small pieces.
Purity Flour (about $1\frac{1}{2}$ cups).
 $\frac{1}{2}$ teaspoon soda.
 $\frac{1}{2}$ tablespoon water.

Heat the honey and butter until the butter melts. While the mixture is warm add the spices. When cold add part of the *Purity Flour*, the egg well beaten, the soda dissolved in the water, and the raisins. Add enough *Purity Flour* to make a dough that will hold its shape. Drop by spoonfuls on a greased tin and bake in a moderate oven.

ROCK COOKIES, No. 1

4 cups *Purity Flour*.
 1 cup butter.
 1 cup sugar.
 $\frac{1}{2}$ teaspoon soda.
 1 teaspoon cream of tartar.

1 cup chopped dates.
 1 cup cocoanut.
 1 cup chopped walnuts.
 3 eggs.
 Flavoring.

Mix sugar, butter and *Purity Flour* (in which soda and cream of tartar have been sifted). Add the raisins, cocoanut and walnuts, and the well-beaten eggs, in which has been dropped a little lemon or orange flavoring. Drop from a teaspoon on a buttered pan, and bake in a moderate oven until brown.

ROCK COOKIES, No. 2

1 cup sugar.
 $\frac{3}{4}$ cup butter.
 2 cups *Purity Flour*.
 3 eggs.
 1 teaspoon soda.

$1\frac{1}{2}$ cups walnuts.
 $1\frac{1}{2}$ cups raisins.
 1 teaspoon cloves.
 1 teaspoon cinnamon.

Use method above.

GINGER SNAPS

1 cup molasses.
 1 teaspoon soda.
 $\frac{1}{2}$ cup sugar.
 1 teaspoon salt.

$\frac{1}{2}$ cup butter or lard.
 1 tablespoon ginger.
Purity Flour to roll very thin.

Mix molasses, sugar, ginger and butter, stir over the fire until the butter is melted, then stir in quickly spoonfuls of *Purity Flour*, in which the soda has been sifted. Knead the dough until it becomes smooth and chill thoroughly. Roll as thin as possible, and bake in a quick oven.



PURITY FLOUR

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GINGER COOKIES

1 cup molasses.
2 tablespoons milk or water.
1 tablespoon ginger.
 $\frac{1}{2}$ cup butter.

1 teaspoon soda.
Purity Flour to mix soft as can be handled
on the board.

Mix in order given, dissolving soda in the milk. Shape on a floured board into small balls the size of a hickory nut. Lay on a baking sheet and flatten with a smooth tumbler or tin cup to $\frac{1}{2}$ inch thick. Bake in a quick oven.

CREAM PUFFS

1 cup water.
 $\frac{1}{2}$ cup butter.
1 cup *Purity Flour*.

Pinch of salt.
3 eggs.

Heat the water and add the butter and salt. When this boils, stir in the flour, being careful to have no lumps. Cook until the mixture leaves the side of the saucepan. Cool. When nearly cold, add the unbeaten eggs, one at a time. Mix thoroughly and chill. Drop mixture by the spoonful onto greased tins, leaving space for them to rise. Bake in a moderate oven, about 30 minutes. When done, split and fill with whipped cream. If desired they can be fried in deep fat, like doughnuts. If intending frying them, use only a teaspoonful at a time. This makes about 20 cream puffs.

DOUGHNUTS

2 eggs beaten light.
1 cup sugar.
1 cup milk.
2 tablespoons melted butter.

3 cups *Purity Flour*.
3 teaspoons baking powder.
1 teaspoon each of cinnamon and salt

Have board well floured and take on it 1 large spoon of dough. Knead gently till firm enough to roll out and cut. Mix the trimmings with a fresh spoonful and roll out again, repeating until all the mixture is used. Cook in fat hot enough to make them rise instantly to the top.

DROPPED DOUGHNUTS

$\frac{1}{2}$ cup milk.
 $\frac{1}{2}$ cup sugar.
Grated rind of 1 lemon.
2 $\frac{1}{2}$ cups *Purity Flour*.

1 egg (beaten separately).
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon nutmeg.
2 teaspoons baking powder.

Hold teaspoon of batter close to fat and the doughnuts will come up in round balls.



Cereals



er easily-prepared, inexpensive, wholesome food there is nothing which compares with dishes made
e various cereals.

d few years ago the idea was that nothing could be made from cereals except porridge. This idea
a long since vastly changed, as can readily be seen by the following recipes:

DAINTY BREAKFAST DISH

1 cup *Purity Food*.
Salt to taste.

4 cups boiling water.

er the cereal into the boiling water, add salt and boil 5 minutes over direct heat. Put in double
ad cook $\frac{1}{2}$ an hour.

FRIED PURITY FOOD

are
col
oen the cereal in above recipe is cold, slice it, dip into beaten egg and fry. Serve with syrup. It
em made into attractive shape for frying by letting the cereal cool in a baking powder tin. Turn out
in slices.

BOSTON BROWN BREAD

$2\frac{1}{2}$ cups sour milk.
 $\frac{1}{2}$ cup molasses.
2 cups *Purity Food*.

1 cup *Purity Flour*.
1 teaspoon salt.
 $1\frac{1}{2}$ teaspoons soda.

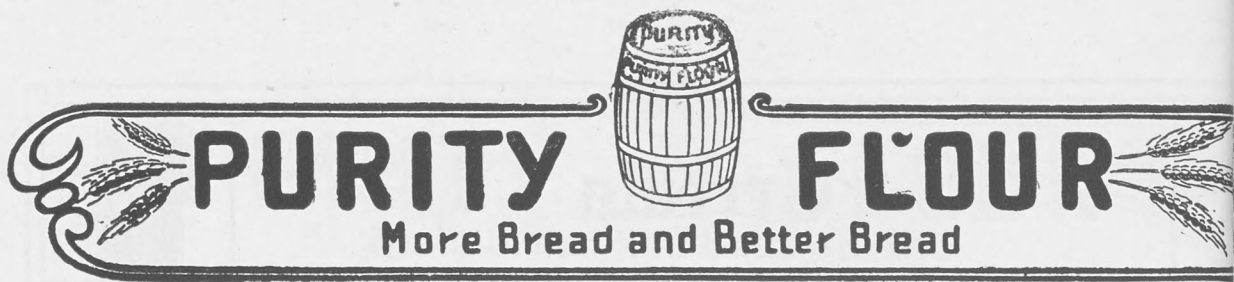
x sour milk, molasses, cereal, flour and salt; add the soda dissolved in 1 tablespoon of warm water.
oroughly, turn into a well-buttered mould and steam 4 hours. These are nice steamed in baking
n ou or $\frac{1}{2}$ -pound coffee cans, which makes round slices. Serve with baked beans.

PURITY FOOD IN COMBINATION WITH FRUITS

2 cups boiling water.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup *Purity Food*.
5 tablespoons cream.

White of 1 egg beaten stiff.
 $1\frac{1}{2}$ cups berries (strawberries or raspberries
preferred.)
Whipped cream.

ok cereal as for Dainty Breakfast Dish. When cooked, add the cream and cook 2 minutes.
from fire and add the white of 1 egg beaten stiff and the berries.



PURITY FLOUR

More Bread and Better Bread

PURITY FOOD CUSTARD

2 cups milk.
4 tablespoons *Purity Food*.
 $\frac{1}{4}$ cup sugar.

2 eggs.
Vanilla flavoring.

Cook the cereal in the milk for at least 30 minutes. Beat the eggs and sugar until light, then add them to the hot mixture, stir and cook about 3 minutes as you would a soft custard. Serve with cream or cream sauce. This may be put in a large dish or in individual moulds.

PURITY FOOD PUDDING, No. 1

1 pint milk.
2 cups *Purity Food* (cooked and warm).
 $\frac{1}{2}$ cup sugar.

2 squares chocolate.
Vanilla.

Mix cereal thoroughly with milk and heat. Add sugar, salt and melted chocolate. Put in mould, or individual moulds. Serve cold with cream.

PURITY FOOD PUDDING, No. 2

Melt $\frac{1}{4}$ cup of butter, mix it with 4 tablespoons *Purity Food*. Add $1\frac{1}{2}$ pints of boiling milk to this in a double boiler to a thick mush. When cool, mix with it the yolks of 3 eggs, 5 tablespoons grated rind of a lemon, and the whites of 3 eggs beaten stiff. Butter a pudding dish, pour the pudding, place it in a pan of boiling water, and bake it in a moderate oven for 1 hour.

PURITY FOOD GEMS, No. 1

1 cup *Purity Flour*.
4 teaspoons baking powder.
2 tablespoons melted butter.
2 eggs.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup *Purity Food*.
1 cup milk.

Mix and sift the flour, salt and baking powder, then add the cereal. Beat the yolks of eggs with milk and combine the mixture. Then add the melted butter and the whites of eggs beaten stiff. Turn into buttered gem pans and bake in a hot oven 25 minutes. Serve with maple syrup.



PURITY FLOUR

More Bread and Better Bread

PURITY FOOD GEMS, No. 2

2 cups *Purity Food*.
 2 tablespoons *Purity Flour*.
 2½ teaspoons baking powder.

4 tablespoons cream or fat.
 1 cup sweet milk.
 A little salt.

lig flour, cereal, baking powder and salt. Add melted shortening and last the milk. Beat all thor-
 wind bake in greased gem pans in a very hot oven.

VEAL CROQUETTES

2 cups finely chopped cooked veal.
 1 cup *Purity Food* (cooked).

Salt, pepper and celery salt.
 Crumbs and beaten eggs.

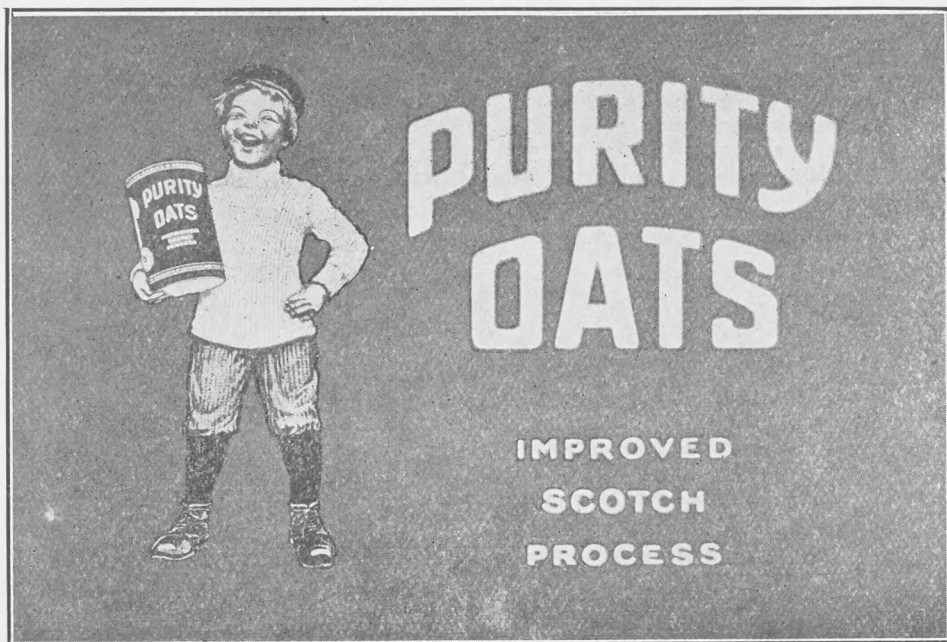
the chopped veal with the cereal, which should be made stiff by using 2 parts boiling water to
 f cereal. Season highly with salt, pepper and celery salt. Chill, shape it in cones, dip in egg,
 ill and egg again, and fry in deep fat. Serve with tomato or cream sauce.



Every baking need is served by PURITY FLOUR



Purity Oats and Oatmeal Recipes



PURITY ROLLED OATS PORRIDGE

3 cups boiling water.
1 teaspoon salt.

1 cup *Purity Rolled Oats.*

Have salted water boiling, add gradually the rolled oats, stirring constantly. Boil over a low fire for 5 minutes, then return to double boiler and boil $\frac{1}{2}$ an hour. This may be made in the morning and reheated in the morning. The long standing improves the porridge.

OATMEAL GRUEL

2 tablespoons *Purity Oatmeal.*
1 saltspoon salt.
1 tablespoon sugar.

1 cup boiling water.
1 cup milk.

Cook in saucepan 30 minutes or in double boiler 2 hours. Strain and add milk.

BREAKFAST CEREAL

For a change in breakfast cereal an attractive dish may be made by using half *Purity Rolled Oats*. This combination makes a breakfast dish of excellent flavor.



PURITY FLOUR

More Bread and Better Bread

OATMEAL MUFFINS

- 1 cup cooked *Purity Oatmeal*.
- 1½ cups *Purity Flour*.
- 2 tablespoons sugar.
- 4 teaspoons baking powder.

- ½ teaspoon salt.
- ½ cup milk.
- 1 egg.
- 2 tablespoons of melted butter.

and sift flour, sugar, salt and baking powder; add ½ of milk, egg well beaten, the remainder of mixed with oatmeal, and beat thoroughly. Then add butter. Bake in buttered muffin tins. —A delicious muffin may be made by substituting rice for the oatmeal.

OATMEAL SCONES

- 5 cups *Purity Oatmeal*.
- 1½ cups *Purity Flour*.
- ½ cup butter.

- 1 cup milk.
- 2 teaspoons baking powder.
- 1 teaspoon sugar, salt.

at thin with mixed *Purity Flour* and *Purity Oatmeal*.

OATCAKE


cup of fine *Purity Oatmeal*, a small tablespoon of roast-beef dripping (dripping is better than it makes them crisp), and ¼ teaspoon soda. Mix with boiling water to make quite stiff. Quickly till very thin, then dust with meal; brush the meal off again and put the cakes on a very hot griddle. Bake on one side only, then rub over with meal again and brush it off, and toast before the fire which was not on the griddle. Keep in a dry place, and before using the cakes heat them for a few minutes to make them crisp. Then set them on the edge to let the steam escape.

OATMEAL SQUARES

- 1 cup butter.
- 1 cup sugar.
- ½ cup sour milk.
- ¼ teaspoon cinnamon and nutmeg.

- ½ cup walnuts (chopped fine).
- 1 teaspoon soda.
- 4 cups *Purity Oatmeal*.
- 2 cups *Purity Flour*.

thin, cut in squares and bake in quick oven.



PURITY FLOUR

More Bread and Better Bread

OATMEAL COOKIES, No. 1

1 cup butter or lard.
2 cups brown sugar.
1 cup milk.

3 cups *Purity Rolled Oats*.
2 cups *Purity Flour*.
2 teaspoons baking powder.

Mix butter and sugar, then milk. Add the *Purity Flour* in which the baking powder is. Allow the mixture to stand. Roll them and cut in oblong pieces.

OATMEAL COOKIES, No. 2

Beat 1 cup of brown sugar to a cream, with $\frac{3}{4}$ cup of shortening ($\frac{1}{2}$ butter, $\frac{1}{2}$ lard), add beaten, $\frac{1}{2}$ teaspoon vanilla, $\frac{1}{2}$ cup hot water in which has been dissolved $\frac{1}{2}$ teaspoon soda. The sifted *Purity Flour*, 2 cups *Purity Oatmeal*, $\frac{1}{2}$ package seeded raisins, chopped, $\frac{1}{2}$ teaspoon salt. Grease bottoms of inverted pans. Bake in a moderately hot oven.

DATE CAKES

2 cups *Purity Oatmeal*.
2 cups *Purity Flour*.
1 cup brown sugar.
 $\frac{1}{2}$ cup butter.

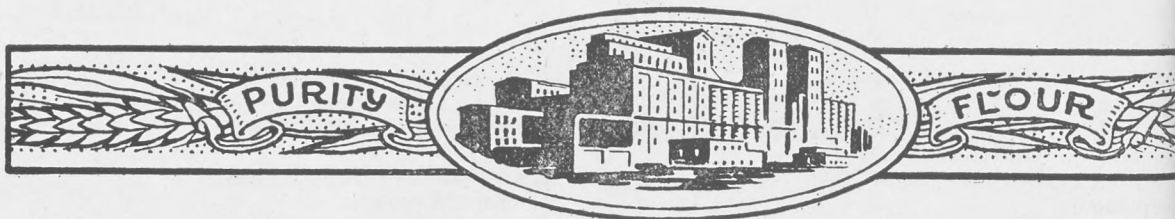
$\frac{1}{2}$ cup lard.
 $\frac{1}{2}$ cup milk.
2 tablespoons baking powder.

FILLING FOR DATE CAKES

1 pound dates.
 $\frac{1}{2}$ cup brown sugar.

1 cup cold water.
Boil until soft.

Mix cake batter and roll out in a thin sheet. Cut in 2, spread $\frac{1}{2}$ with filling and place over it, forming a sandwich. Cut in small squares and bake until brown in a moderate oven. Fruit may be used instead of dates, if desired.



Use **PURITY FLOUR** and ensure delicious Pastry

Purity Cornmeal Recipes



PURITY CORN BREAD

1 cup *Purity Cornmeal*.
1 cup *Purity Flour*.
 $\frac{1}{4}$ cup sugar.
 $\frac{1}{2}$ teaspoon salt.

1 cup milk.
1 tablespoon fat.
1 egg.
4 teaspoons baking powder.

Put the cornmeal, flour (in which baking powder is sifted), sugar and salt in a bowl and mix thoroughly; stir in the milk and give the batter a good beating. Melt the fat in a baking tin, and stir it into the batter. Grease the baking tins. Beat the egg very light and mix it with the batter. Bake in oven. If thin it will bake in about 20 minutes. Serve with maple syrup.

CORNMEAL MUFFINS

1 cup *Purity Cornmeal*.
1 cup *Purity Flour*.
1 teaspoon soda.
1 teaspoon salt.

$\frac{1}{4}$ cup molasses.
1 cup sour milk.
2 eggs.
2 tablespoons melted butter.

Mix together the cornmeal, flour and salt. Dissolve the soda in the sour milk and then add to it the ingredients. Add molasses and beat thoroughly. Add the eggs, well beaten, and last the melted butter. Bake in hot, well-greased pans in a moderately hot oven for $\frac{1}{2}$ an hour. This will make 12 muffins.

CORNMEAL GEMS

$\frac{1}{2}$ cup *Purity Cornmeal*.
1 cup *Purity Flour*.
3 teaspoons baking powder.
1 tablespoon sugar.

1 tablespoon melted butter.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{3}{4}$ cup milk.
1 egg.

Mix and sift the dry ingredients. Add milk gradually, egg well beaten and melted butter. Bake in oven in buttered gem pans for 25 minutes.

STEAMED INDIA PUDDING WITH RAISINS

Scald 2 cups *Purity Cornmeal* with boiling water. Add 1 teaspoon salt, $\frac{1}{4}$ cup molasses, $\frac{1}{2}$ package of raisins. Dissolve $\frac{1}{2}$ teaspoon soda in warm water. Add to the meal, adding warm water enough to make batter that will pour. Turn into a well-greased dish. Cover tightly and steam steadily 3 hours.



PURITY FLOUR

More Bread and Better Bread

JOHNNY CAKE

1½ cups *Purity Cornmeal*.
 1 cup *Purity Flour*.
 ½ teaspoon salt.
 1 cup sour milk.

1 cup sugar.
 2 tablespoons lard or butter.
 1 teaspoon soda dissolved in hot water

Mix as Corn Bread.

BOSTON BROWN BREAD

1½ cups of milk.
 1½ cups of *Purity Cornmeal*.
 1 cup *Purity Flour*.
 1 cup Graham flour.

1 cup molasses.
 1 teaspoon salt.
 1 teaspoon soda.

Mix cornmeal, flour, Graham flour and salt thoroughly, add milk and molasses and last the soda dissolved in a tablespoon warm water. Steam 4 hours. This is nice steamed in 1-pound baking cans, as the round slices are attractive.



In cases of emergency a bag of PURITY FLOUR is a true friend



Puddings and Desserts



CHOCOLATE PUDDING

2 tablespoons powdered gelatine.
1 quart milk.
2 ounces grated chocolate.

$\frac{1}{2}$ cup sugar.
1 teaspoon vanilla.

Put gelatine in saucepan, add milk, sugar and chocolate, boil 10 minutes, stir all the time. Remove from fire, add vanilla, and when almost cold beat for 5 minutes with egg beater. Pour into wet ring mold. Turn out when set and serve with whipped cream in centre, garnished with small pieces of fruit.

APPLE TAPIOCA

Boil $\frac{3}{4}$ cup tapioca in 1 quart boiling water with $\frac{1}{2}$ teaspoon salt in double boiler, until transparent. Core 7 or 8 apples; put them in round dish. Sprinkle with $\frac{1}{2}$ cup sugar, then pour the boiled tapioca over the apples. Bake until the apples are soft. When cold, serve with cream.

RICE PUDDING

1 quart milk.
3 eggs, beaten light.
4 tablespoons sugar.

1 teaspoon vanilla.
 $1\frac{1}{2}$ cups cooked rice.
 $\frac{1}{4}$ package seedless raisins.

Pour in dish, grate nutmeg over top and bake till brown.

FRUIT PUDDING


$\frac{3}{4}$ cup *Purity Flour*.
 $\frac{1}{2}$ cup butter.

$\frac{1}{2}$ cup water.
1 teaspoon baking powder.

Pour the batter over fruit and bake or steam $\frac{1}{2}$ hour. May use either raw or preserved fruit. Plums and black-currant preserves are particularly nice.

BANANA PUDDING

Put 2 tablespoons cornstarch with enough cold water to dissolve it. Add $\frac{3}{4}$ cup sugar and 1 table-spoon butter. Pour on gradually 2 cups boiling water, stir and boil; when sufficiently cooked take off the fire and stir in the stiffly beaten whites of 3 eggs, the juice of $\frac{1}{2}$ a lemon, and 2 or 3 bananas in slices. Bake.



PURITY FLOUR

More Bread and Better Bread

BATTER PUDDING

1 cup milk.
 $\frac{1}{2}$ cup *Purity Flour*.

1 tablespoon butter.
 3 eggs.

Heat the milk in a double boiler. Add the butter, let the milk boil, then add the *Purity* beat it hard until it leaves the sides of the pan, then remove from the fire, and beat in gradual which have been well beaten, the yolks and whites together, and a dash of salt. Continue Ba batter until it is no longer stringy. Turn it into a warm, greased pudding-dish and bake in oven 30 to 35 minutes. It should puff up like a cream cake and have a thick crust. Serve as is taken from the oven, or it will fall. The batter may stand some time before baking, if It may be baked in gem pans 15 to 20 minutes if preferred. Serve with plain pudding sau sauce.

SHORTCAKE

2 cups sifted *Purity Flour*.
 $\frac{1}{2}$ teaspoon salt.
 2 teaspoons baking powder.

$\frac{1}{4}$ cup butter.
 $\frac{3}{4}$ cup milk.
 1 egg.

Mix and sift the dry ingredients 4 times, cut and rub in the butter, add the milk, lastly egg. Spread on a buttered biscuit tin and bake in a quick oven. Split apart at edge, cooling then spread with softened butter and fill with fruit.

RICH SHORTCAKE

2 cups *Purity Flour*.
 $\frac{1}{4}$ cup sugar.
 $\frac{1}{2}$ teaspoon salt.
 3 teaspoons baking powder.

$\frac{1}{2}$ cup butter.
 $\frac{3}{4}$ cup milk.
 1 egg.


Mix and sift dry ingredients 3 times. Rub in the butter, add milk and beaten egg. round buttered pan. Bake 15 minutes. Split cake and spread with a sweetened fruit mix the same mixture to top and garnish with whipped cream.

APPLE DUMPLINGS

2 cups *Purity Flour*.
 2 teaspoons baking powder.
 $\frac{1}{4}$ teaspoon salt.
 $\frac{1}{4}$ cup shortening.

$\frac{3}{4}$ cup milk.
 4 apples.
 Cinnamon or nutmeg.
 Sugar.

Sift flour, baking powder and salt. Work in the shortening and mix to a dough with milk. square sheet, $\frac{1}{8}$ inch thick and cut into 4 pieces. Lay a cored and pared apple on each pie centre with sugar and spice. Then draw the paste to cover the apple, make smooth, and buttered dish. When nearly baked, brush with milk, dredge with granulated sugar, and retu oven. Serve hot with hard sauce.



PURITY FLOUR

More Bread and Better Bread

COTTAGE PUDDING

1 cup sugar, creamed with 2 tablespoons butter.
2 eggs, well beaten.
 $\frac{1}{2}$ cup milk.

$1\frac{1}{2}$ cups *Purity Flour*, with
2 teaspoons baking powder sifted in.

Bake 20 minutes. Mix as for plain cake.

CORNSTARCH PUDDING

1 pint of milk add 3 tablespoons of cornstarch and $\frac{1}{4}$ cup sugar, yolk of 1 egg and vanilla. Add sugar to the milk. Thicken the milk with the cornstarch and the beaten egg yolk and stir over the fire 1 minute longer, add the vanilla and pour into pudding dish. Cover with meringue of white of an egg and sugar, put a little preserve over the pudding before covering with the white of egg.

LEMON CREAM

2 lemons, juice and rind.
 $1\frac{1}{2}$ cups water.
3 tablespoons cornstarch.

3 eggs, beaten separately.
1 cup white sugar.

Mix the cornstarch with part of the cold water, heat the remaining water, then stir the cornstarch in and stir over the fire until it thickens. Add yolks of eggs and sugar well beaten, stir over the fire 5 minutes longer, add the lemon. When cool, mix in the beaten whites and stir well. Put into a glass dish and use either with a meringue of whites of eggs or not, to suit taste.

BLANC-MANGE

Three pints milk, put on to heat in a double boiler. When it reaches the scalding point stir in $\frac{1}{2}$ cup starch dissolved in a little cold milk. Add $\frac{1}{2}$ cup sugar. Stir constantly until it thickens. Flavor with 1 teaspoon vanilla and pour into teacups to mould. Let stand several hours before turning out. with jam (or any kind of fruit) and cream.



PURITY FLOUR

More Bread and Better Bread

BOILED CUSTARD

1 quart fresh sweet milk.
5 eggs.
1 cup sugar.

$\frac{1}{4}$ teaspoon salt.
1 teaspoon essence of vanilla, lemon or
bitter almonds.

Scald the milk in a double boiler. In warm weather put a bit of soda, no larger than a pea, in the milk. While it is heating, beat the eggs in a bowl, add the salt and sugar to the hot milk, and pour upon the eggs, stirring all the while. Beat up well and return to the inner vessel, keeping the water in the outer at a hard boil. Stir constantly until a velvety coating forms on the spoon. Take it off from the fire and pour into a bowl to cool before flavoring with the essence. With a good boiled custard as the foundation we can make scores of delightful desserts.

SOLID CUSTARD

1 ounce gelatine.
1 quart milk.
4 eggs.

$\frac{1}{2}$ cup sugar.
1 teaspoon vanilla.

Soak the gelatine in a little milk, beat the eggs separately. Heat the milk to scalding point, pour it over the gelatine and stir to thoroughly dissolve the gelatine. Stir in the beaten yolks, return to the fire and stir it for a few minutes longer. Remove from the fire and stir in the beaten whites, pour into a mould. Turn out of the mould to serve when cold.

SNOW CUSTARD

One ounce gelatine soaked in 1 cup cold water for 1 hour, or less if the pulverized gelatine is used. Add 2 cups boiling water and stir till gelatine is dissolved. Add $1\frac{1}{2}$ cups of sugar, grated rind and juice of 2 lemons; set this mixture away to cool, and when it begins to jelly, beat the whites of 3 eggs to a stiff froth, and with a flat egg beater beat the jelly into the white of eggs, a spoonful at a time. When beaten for a long time this will fill a 3-pint mould or more. When turned out of the mould pour it into a custard made as follows: 1 pint milk heated and added to the 3 yolks of eggs beaten and mixed with $\frac{3}{4}$ cup sugar. Stir in a double boiler until it thickens, but do not curdle. Vanilla flavoring.

APPLE OR BANANA SNOW

Grate 1 large sour apple after peeling, add sugar as you grate to keep apple white, 1 small cup lemon sugar, 1 teaspoon lemon juice, white of 2 eggs, not beaten. Beat all together till white and thick. Serve with cream. Pulped banana may be used instead of apple.



TRIFLE

up sponge cake in good-sized pieces and some fruit cake. Moisten with sherry and put some
om of the dish. Pour strawberry jam over cake, then a rich boiled custard, then more wine-
e, jam, a few rolled macaroons and custard. Put whipped cream on top.

APPLE CHARLOTTE

1 scant pint apples, steamed and
rubbed through a sieve.
 $\frac{1}{2}$ box gelatine, soaked 1 hour in
 $\frac{1}{2}$ cup cold water.

1 cup sugar.
Juice of 1 large lemon.
Whites of 3 eggs.

$\frac{1}{2}$ cup boiling water on the soaked gelatine, stir till thoroughly dissolved and pour upon the
d sugar and lemon juice. Place in a basin of ice water and beat until it begins to thicken. Add
s of the eggs beaten to a stiff froth. Pour into a 2-quart mould lined with sponge cake, and
e to harden. Make a soft custard of the yolks, 1 pint milk and 3 tablespoons sugar. Pour
he mould before serving.

FLOATING ISLAND

quart milk.
eggs, whites and yolks beaten separately.
tablespoons white sugar.

Vanilla flavoring.
 $\frac{1}{2}$ cup currant jelly.

the yolks well with the sugar; gradually stir in the scalding milk. Stir over the fire until it
thicken, being careful not to curdle it. When cool, flavor and pour into a glass dish. Heap
meringue of the whites, into which you have beaten gradually $\frac{1}{2}$ cup of currants, cranberry
er bright tart jelly. Dot with bits of jelly cut in rings or stars, or straight slips laid on in a

APPLE MERINGUE WITH RAISINS

, core and place in deep plate 7 or 8 apples, mix $\frac{1}{2}$ package of seeded raisins, chopped fine, with
gar and nutmeg, and fill the apples with the mixture. Sprinkle sugar over the top, add water
o cover the bottom of the pan. Bake until the apples are tender, cover with meringue made of
s of 3 eggs beaten with 3 tablespoons of powdered sugar, flavored with lemon juice.

PURITY FLOUR More Bread and Better Bread

CARAMEL BLANC-MANGE

- | | |
|--|---|
| 1½ tablespoons powdered gelatine, soaked in
¼ cup cold water.
3 tablespoons boiling water.
3 cups thin cream. | ½ teaspoon vanilla.
6 tablespoons sugar.
Pinch of salt. |
|--|---|

Mix gelatine with boiling water. Cook ½ cup of sugar to a dark brown syrup. Add gelatine and remainder of sugar, salt and vanilla. Strain into wet moulds. When set serve with cream.

NOTE.—See caramel coloring, “Sauces.”

VANILLA CREAM

- | | |
|---|--|
| 1 tablespoon powdered gelatine.
2 cups milk.
6 tablespoons sugar. | 1 cup whipped cream.
1 teaspoon vanilla.
3 eggs. |
|---|--|

Put gelatine into saucepan, add milk and sugar and heat to dissolve the gelatine. Pour eggs (well beaten), stirring all the time, return to pan and stir over slow heat until it thickens, add vanilla, and when cool fold in the whipped cream. Pour into wet moulds.

CARAMEL PUDDING

- | | |
|--|--|
| 1 quart milk.
2 egg yolks.
6 tablespoons cornstarch.
2 tablespoons white sugar. | Vanilla flavoring.
1 cup brown sugar, browned on the fire
brown as possible without burning. |
|--|--|

Pour the brown sugar into the boiling custard, and if necessary strain before putting which it is to be served. When cold, cover with whipped cream.

NOTE.—See caramel coloring, “Pudding Sauces.”

SWEET PLUM PUDDING

- | | |
|--|---|
| 1 cup sugar.
1 cup suet, chopped fine.
1 cup molasses.
1 cup milk (sour preferred).
3½ cups <i>Purity Flour</i> .
2 eggs.
1 teaspoon salt. | ½ package seeded raisins.
1 pound figs, chopped fine.
1 teaspoon cloves.
1 grated nutmeg.
2 teaspoons cinnamon.
1 teaspoon soda dissolved in a little water. |
|--|---|

Fill moulds $\frac{2}{3}$ full and steam 3 hours.



PURITY FLOUR

More Bread and Better Bread

PLUM PUDDING

- | | |
|---|----------------------------------|
| 1 pound raisins. | 1 pound currants. |
| 1 pound suet. | $\frac{1}{2}$ pound sugar. |
| $\frac{1}{2}$ pound <i>Purity Flour</i> . | 1 pound bread crumbs. |
| 4 eggs. | 1 gill rum or brandy. |
| $\frac{1}{2}$ pint milk. | $\frac{1}{4}$ pound citron peel. |
| $\frac{1}{4}$ pound lemon peel. | |

Mix dry ingredients all together, then add liquids and beaten eggs. Steam about 3 hours.

CARROT PUDDING

- | | |
|---|--------------------------------|
| 1 cup <i>Purity Flour</i> . | 1 tablespoon molasses. |
| 1 cup suet. | 1 cup bread crumbs. |
| 1 cup seeded raisins. | 1 cup currants. |
| $\frac{3}{4}$ cup milk. | 1 cup sultana raisins. |
| $\frac{1}{2}$ teaspoon nutmeg. | 1 tablespoon marmalade. |
| 1 teaspoon cinnamon. | $\frac{1}{2}$ teaspoon soda. |
| 1 cup grated carrots. | $\frac{1}{2}$ teaspoon ginger. |
| 2 ounces citron peel. | 1 cup brown sugar. |
| 1 orange and lemon, grated
rind and juice. | 2 eggs. |

Steam 3 hours.

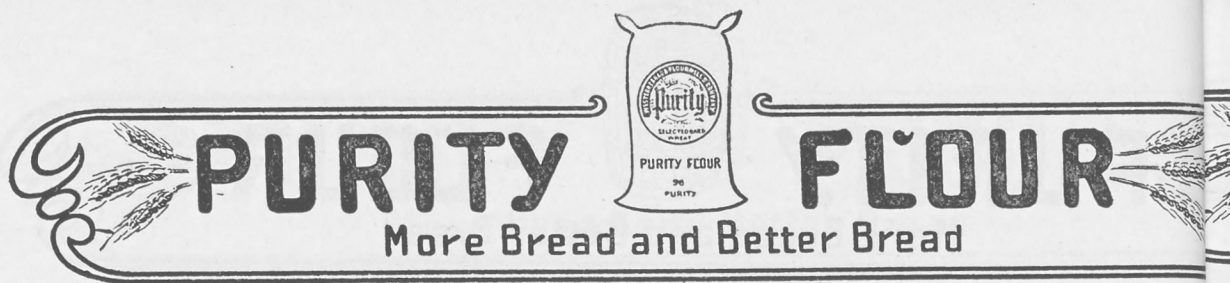
DATE PUDDING

- | | |
|-----------------------------|--------------------------------|
| 1 cup suet. | $\frac{1}{2}$ cup brown sugar. |
| 1 cup bread crumbs | $\frac{1}{2}$ cup milk. |
| 1 cup <i>Purity Flour</i> . | 2 eggs. |
| 1 cup chopped dates. | 1 teaspoon soda. |

Mix all together and steam 2 hours. Figs may be used instead of dates if desired.

QUEEN OF PUDDINGS

Rub a dessertspoon of butter into $\frac{1}{2}$ cup sugar. Beat the yolks of 3 eggs very light. Stir these into the butter and sugar. Soak $\frac{3}{4}$ cup bread crumbs in 1 pint milk, then add egg mixture flavoring. Bake in buttered dish $\frac{2}{3}$ full, until the custard is set. Remove from oven and spread jam. Cover with meringue made of whipped whites and $\frac{1}{2}$ cup sugar. Brown in oven. Serve hot or cold with cream.



BREAD PUDDING

Make a custard of 1 quart of milk, 3 eggs, 4 tablespoons sugar. Add $1\frac{1}{2}$ cups bread in crumbs and $\frac{1}{2}$ a package seeded raisins. Flavor with vanilla and nutmeg and bake slowly.

GRAHAM PUDDING

- | | |
|---------------------------------------|-----------------------------|
| $1\frac{1}{2}$ cups Graham flour. | $\frac{1}{2}$ cup molasses. |
| 1 cup sour milk. | $\frac{1}{2}$ teaspoon salt |
| $\frac{1}{2}$ package seeded raisins. | 1 teaspoon soda. |

Mix well, put in mould and steam 4 hours, or put in individual moulds and steam 40 minutes.

SNOW PUDDING

- | | |
|---------------------------------|-----------------------|
| 2 tablespoons cornstarch. | 3 cups boiling water. |
| 2 tablespoons granulated sugar. | Pinch of salt. |

Mix cornstarch and sugar in a little cold water, add to boiling water and cook until thickening constantly, then add 3 whites of eggs, well beaten. Put in mould and set to cool.

RAISIN PUFFS

- | | |
|----------------------------|---|
| 2 eggs. | 2 cups <i>Purity Flour</i> . |
| $\frac{1}{2}$ cup butter. | 1 cup milk. |
| 3 teaspoons baking powder. | $\frac{1}{2}$ package seeded raisins, chopped fine. |
| 2 tablespoons sugar. | |

Mix thoroughly and steam $\frac{1}{2}$ an hour in small cups.

BLUEBERRY PUDDING

- | | |
|------------------------------|------------------------------|
| $\frac{3}{4}$ cup sugar. | $\frac{1}{2}$ teaspoon salt. |
| $\frac{1}{4}$ cup butter. | $\frac{3}{4}$ cup milk. |
| 2 cups <i>Purity Flour</i> . | 1 egg. |
| 3 teaspoons baking powder. | 1 pint blueberries. |

Mix the ingredients as for a cake, stir in floured berries last and either bake or steam in a mould. Serve with cream sauce.

PURITY



FLOUR

More Bread and Better Bread

ORANGE PUDDING

2 dessertspoons butter.
 $\frac{1}{2}$ cup cracker crumbs.
Juice and grated rind of 1 orange.

2 eggs.
 $\frac{1}{2}$ cup sugar.
 $1\frac{1}{2}$ cups milk.

Stir the crackers in part of the milk, beat sugar and butter to a cream, then beat the eggs, add to the cream sugar, then add crackers and grated rind and juice of orange. Bake $\frac{1}{2}$ hour in a moderate oven.

LEMON PUDDING

1 tablespoon butter.
3 soda biscuits.
1 cup milk.

$1\frac{1}{2}$ cups sugar.
3 eggs.
1 lemon, grated rind and juice.

Beat the butter and sugar, add the soda biscuits rolled. Yolks of 3 eggs and white of 1 beaten egg, rind and juice of lemon. Cover with the 2 egg whites beaten stiffly. Bake in a hot oven in a water bath, 20 to 30 minutes.

WALNUT PUDDING

$\frac{1}{2}$ cup walnuts.
 $\frac{1}{2}$ cup raisins.
 $1\frac{1}{2}$ cups *Purity Flour*.
 $\frac{3}{4}$ cup sweet milk.

$\frac{1}{2}$ cup sugar.
2 tablespoons melted butter.
 $1\frac{1}{2}$ teaspoons baking powder.
Pinch of salt.

Steam 2 hours, serve with foamy sauce.

GOOSEBERRY FOOL

Put one quart berries in water enough to cover, then rub through colander to remove skins. While cooking add 1 tablespoon of butter and 1 cup sugar. Beat yolks of 3 eggs and add to the gooseberries. Whip cream until light. Put in a dish and spread the beaten whites mixed with 3 tablespoons sugar. Put in oven and bake.

HONEY COMB PUDDING

$\frac{1}{2}$ cup currants.
1 cup suet.
1 cup sour milk.
1 teaspoon baking powder.
Pinch of salt.

$\frac{1}{2}$ cup raisins.
1 cup molasses.
2 cups *Purity Flour*.
1 teaspoon soda.

Mix fruit, suet, molasses and salt. Add part of flour in which baking powder has been sifted. Add sour milk with soda dissolved in it, and last the remainder of flour. Boil or steam 2 hours.



Pudding Sauces



ENGLISH PLUM PUDDING SAUCE

$\frac{1}{2}$ cup butter.
1 cup sugar.
2 eggs.

2 tablespoons wine.
 $\frac{1}{2}$ teaspoon vanilla.
 $\frac{1}{4}$ cup boiling water.

Cream butter, add the sugar, beat for 15 minutes, add the eggs, beat to a froth. Just before to the table stir in the hot water, beat to a foam, add vanilla and wine.

HARD SAUCE

$\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ cup powdered sugar.

$\frac{1}{2}$ teaspoon lemon, vanilla, or
a little nutmeg.

Rub the butter to a cream in a warm bowl. Add the sugar gradually, then the flavoring it smoothly in a small dish and stamp it with a butter mould or the bottom of a figured glass. on ice till very hard, or pile it lightly on a small fancy dish. This sauce is particularly in steamed puddings.

SAUCE FOR SNOW PUDDING

1 pint sweet milk.
3 yolks of eggs.
 $\frac{3}{4}$ cup sugar.

* 1 dessertspoon cornstarch.
A little salt.
Vanilla.

Combine the first 5 ingredients and stir over the fire until of a thick, creamy consistency. from fire and add the vanilla.

CREAMY SAUCE

$\frac{1}{4}$ cup butter.
 $\frac{1}{2}$ cup powdered sugar.

2 tablespoons wine.
2 tablespoons cream.

Cream the butter, add the sugar slowly, then the wine and cream very gradually. Beat well a before serving place the bowl over hot water and stir till smooth and creamy, but not enough to m butter. When the wine and cream are added the sauce has a curdled appearance. This is rem thorough beating and by heating just enough to blend the materials smoothly. It is not intende a hot sauce, and if the sauce becomes oily in heating, place the bowl in cold water and beat again smooth and thick like cream. Omit the wine if desired and use $\frac{1}{2}$ cup of cream and 1 teasp lemon or vanilla. Serve on any hot pudding.



FOAMY SAUCE, No. 1

- | | |
|-----------------------------------|---|
| $\frac{1}{2}$ cup butter. | 1 teaspoon vanilla. |
| 1 cup powdered sugar. | 2 teaspoons wine, fruit juice or syrup. |
| White of 1 egg, beaten to a foam. | $\frac{1}{4}$ cup boiling water. |

Cream the butter, add the sugar, vanilla and wine. Just before serving add the boiling water, stir then add the egg and beat till foamy.

FOAMY SAUCE, No. 2

- | | |
|-------------------|---------------------|
| Whites of 2 eggs. | 1 cup boiling milk. |
| 1 cup sugar. | Juice of 1 lemon. |

Beat the whites of the eggs till foamy but not dry. Add the sugar, beat well. Then gradually beat the milk and lemon juice.

LEMON SAUCE

- | | |
|--------------------------|---|
| 1 cup sugar. | 1 tablespoon butter. |
| 1 cup boiling water. | $1\frac{1}{2}$ tablespoons lemon juice. |
| 1 tablespoon cornstarch. | $\frac{1}{8}$ teaspoon salt. |

Mix sugar, salt and cornstarch. Add water gradually, stir constantly, and boil 5 minutes. Remove from fire, add butter and lemon juice.

CHOCOLATE SAUCE

- | | |
|----------------------------|--------------------------|
| 2 ounces grated chocolate. | $\frac{1}{2}$ cup sugar. |
| $\frac{1}{2}$ pint milk. | 2 egg yolks. |

Boil the grated chocolate in the milk, beat the egg yolks with the sugar, stir all together over the until as thick as honey. Flavor with extract of vanilla.

CUSTARD SAUCE

- | | |
|-------------------------|---------------------|
| 1 egg. | 1 tablespoon sugar. |
| $\frac{3}{8}$ cup milk. | Flavoring to taste. |

Put the milk to heat in a double boiler. Beat the egg and sugar until well mixed. Stir the hot milk into the egg and sugar. Put mixture into double boiler and stir constantly until it thickens and forms a coating on the spoon. Turn into a cold bowl immediately. Add flavoring and cool.



FRUIT PUDDING SAUCE

Cream $\frac{1}{2}$ cup butter and $2\frac{1}{2}$ cups sugar well. Pour 1 dessertspoon of cornstarch (wet in a cold milk) into 1 cup of boiling water. Stir over a clear fire until quite thick, pour this on the pudding and sugar and juice of 1 lemon, and also the grated rind, 1 wineglass brandy or wine, beat all together for 5 minutes, and heat once almost to the boiling point.

WHIPPED CREAM SAUCE

1 cup ice-cold sweet cream.
 $\frac{1}{2}$ cup powdered sugar.

1 teaspoon flavoring.
1 egg.

Mix the cream, sugar and flavoring together and whip it to a froth, stirring in lightly at the last the stiffly-beaten white of an egg.

WINE SAUCE

1 cup water.
1 teaspoon cornstarch.
2 tablespoons butter.
1 cup sugar.

1 egg.
Little grated nutmeg.
 $\frac{1}{2}$ cup wine.

Wet the cornstarch in cold water, and stir into the boiling water. Boil 10 minutes, rub the butter and sugar to a cream, add the egg, well beaten, and the nutmeg. When the cornstarch is cooked, add the boiling mixture into the egg mixture very thoroughly. Add the wine.

CARAMEL SAUCE

1 cup granulated sugar.

1 cup water.

Put the sugar into an iron saucepan, stir with a wooden spoon over a quick fire until the sugar melts and turns an amber color, then add the water; let boil 2 minutes. Or you can boil sugar and water and add enough caramel coloring to suit taste. Serve cold.

CARAMEL COLORING

2 cups sugar.

2 cups cold water.

Melt the sugar in a saucepan over a brisk fire. Cook until it is a dark brown and almost burned. It will be hard and brittle and bitter to the taste. Now add slowly the cold water, stirring all the time. Continue until it is as thick as molasses. If too thick add water and boil again. Put in bottles. Keep covered and it will never spoil. This is used for coloring soups, sauces, gravies and in cake making.



Gelatine Desserts



RAINBOW JELLY

Take $\frac{1}{3}$ currant jelly, $\frac{1}{3}$ lemon jelly and as much plain blanc-mange. When all are cold and beginning to set, wet a mould, pour in about $\frac{1}{4}$ of the red jelly and set on the ice to harden. Keep the rest in a warm room or near the fire. As soon as the jelly is firm in the bottom of the mould, add carefully one of the white blanc-mange and return the mould to the ice. When this will bear the weight of more, add a little of the lemon and, when this forms, another line of white, proceed in this order, dividing the red from the yellow by white until the jellies are used up. Leave the mould on ice until you are ready to turn the jelly out. A pretty dish and easily managed if one will have the patience to wait after setting in each layer until it is firm enough not to be disturbed or muddled by the next supply.

COFFEE JELLY

Half package gelatine, or 2 tablespoons granulated gelatine, soaked $\frac{1}{2}$ hour in $\frac{1}{2}$ cup cold water, and 1 quart good boiling hot sweetened coffee, stir well and strain into 1-quart mould, well rinsed in cold water. Serve with whipped cream.

RASPBERRY JELLY

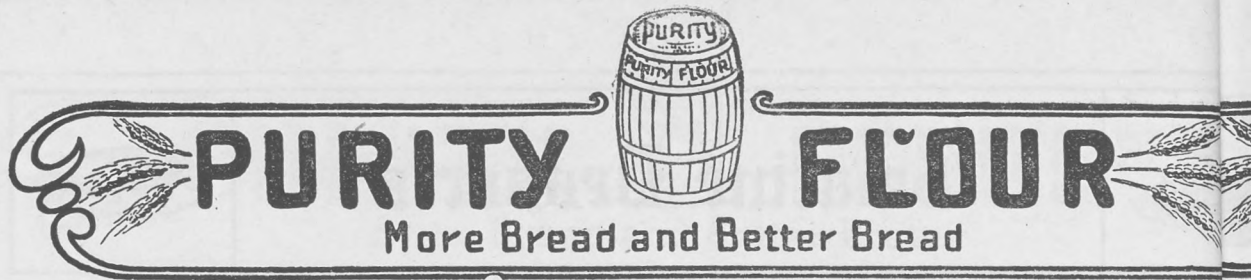
$\frac{1}{2}$ pint claret.
 $\frac{1}{2}$ pint of raspberry juice.
 $\frac{1}{2}$ pound white sugar.

$\frac{3}{4}$ pint sherry.
1 ounce gelatine dissolved in the sherry and
the juice and rind of 1 lemon.

Heat to dissolve together, strain into mould and serve with whipped cream.

PEACH JELLY

Soak a box, or 4 tablespoons, granulated gelatine in a cup of cold water for an hour. Put the juice from a can of peaches over the fire with a cup granulated sugar; let boil until it is clear, removing the foam as it rises; when no more scum rises, put in the peaches, let them boil up once, then remove them carefully from the syrup without breaking them, pour the hot syrup over the gelatine, add to it the juice of a lemon and 2 tablespoons brandy, a cup granulated sugar, a cup of boiling water. Put all these ingredients over the fire, stir them constantly until the gelatine is entirely dissolved, then strain the hot liquid through a muslin strainer over a sieve. Put the peaches into a mould, pour the liquid jelly over them, set the mould in a cold place until the jelly is quite firm. When the jelly is firm, turn it from the mould and serve it.



SNOWDRIFT JELLY

Half box, or 2 tablespoons, granulated gelatine soaked in 1 cup cold water, 1 cup sugar, 1 cup boiling water, 3 eggs, lemon flavor. Mix the soaked gelatine, sugar and boiling water, stir together, flavor with lemon juice. When the jelly is quite cool and nearly set, put in the egg whites and beat until light and foamy. Make a custard sauce of milk and the egg yolks, sweeten and flavor.

FANCY JELLIES

There are a great many varieties in fancy jellies for parties. Considerable variety may be made from simple lemon jelly, which is good and wholesome, while it is not difficult to prepare.

A pretty surprise for a child's party is a basket of oranges, each one cut in half, the pulp scooped out and refilled with tri-colored jelly, and the 2 halves afterward tied together with fancy ribbon. Lemon and orange jellies are also very pretty filled in a similar way. In filling a mould with 3 layers of jelly in different colors, place the heavier, darker jelly as a base for the mould when it is turned out. It will be at the bottom when you fill it. In putting in layers of different colors, have a pan of cracked ice, with a mere sprinkling of salt in it. Set the mould in this ice and salt. Put in the first layer of white jelly and let it stand for 20 minutes, or until it has hardened. Very pretty effect may now be produced by the use of fruit in the clear jelly—such as cherries, pineapples or limes. Cut them in suitable pieces and place them in the jelly to keep them in place. When this has hardened, pour in the next color of jelly. If the first is a delicate shade it looks prettier next, reserving the darker crimson for the last layer. Serve in a glass dish and garnish with cream.

WHIPPED CREAM

1 pint cream.
2 lemons.

4 heaped teaspoons white sugar.
4 eggs.

Put juice of lemons and sugar in a large bowl, then add the cream, beat with an egg-beater until thick, then add the beaten whites of eggs flavored with a little vanilla. This is very nice eaten with fruit jellies. It may be made into Charlotte Russe by adding $\frac{1}{2}$ ounce gelatine dissolved in $\frac{1}{2}$ cup water. Cut plain cake in strips, spread with currant jelly, lay these in the bottom of a glass dish. Cover with the cream mixture, add more strips of cake and jelly, cover all completely with cream, then set in a cold place to stiffen.

ORANGE SPONGE

$\frac{3}{4}$ ounce powdered gelatine.
 $\frac{1}{2}$ pint boiling water.
4 ounces sugar.

Juice of 2 large oranges and
1 large lemon.
1 egg, white whisked.

Dissolve gelatine and sugar in the water. Add the orange and lemon juice and strain. When beginning to set, whisk in the white of egg, till the mixture thickens and looks like snow. Set in a wet mould.

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1 pint cream.
 $\frac{1}{2}$ box gelatine.
1 cup icing sugar.

1 teaspoon vanilla.
1 dozen lady fingers.
Whites of 2 eggs.

Whipped cream, add sugar, whites of eggs and gelatine (gelatine soaked in cold water). Line the dish with lady fingers dipped in whites of egg, put in oven to set, then pour in the creamy mixture and allow to stiffen.

MAPLE MOULD

Take 1 cup maple syrup and pour slowly over the yolks of 3 eggs. Cook in double boiler, then add package gelatine (dissolved in $\frac{1}{4}$ cup water) and $\frac{1}{4}$ cup or more of walnuts. Set dish in cold water until jelly is like thick syrup. Beat until foamy. Whip $1\frac{1}{2}$ cups cream until very stiff and fold fully into the pudding, stirring until it is stiff enough to hold the nuts, then put into moulds.

CHOCOLATE PUDDING

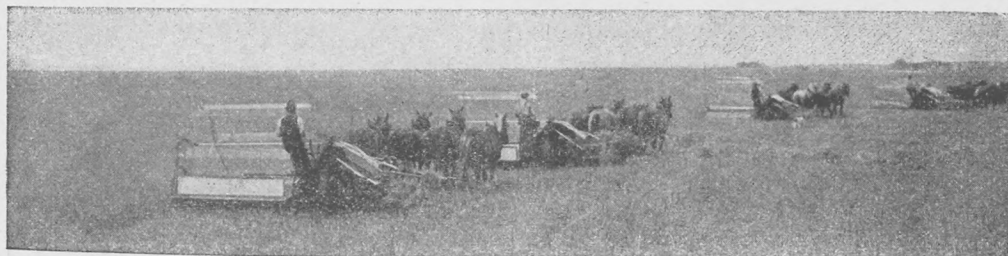
1 pint milk.
 $\frac{1}{2}$ box gelatine.
1 tablespoon vanilla.

$\frac{1}{2}$ cup sugar.
2 ounces grated chocolate.

Heat milk, add sugar and chocolate. When nearly cold add flavoring and 2 cups whipped cream.

RICE MOULD

Wash $\frac{1}{4}$ cup rice and boil 10 minutes in salted water. Drain and put in double boiler with 2 cups water and $\frac{1}{4}$ teaspoon salt. Cook until tender, then add $\frac{3}{4}$ cup sugar. Soak $\frac{1}{4}$ box gelatine in 2 tablespoons water, add 3 tablespoons hot water and stir into the rice. Set in cold water until it begins to set, then pour with 1 teaspoon vanilla and fold in 1 cup thick whipped cream. Put in a mould and chill 2 hours.



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Frozen Dishes



DIRECTIONS FOR FREEZING

A gallon freezer is the most satisfactory for family use. The hole for draining should be plugged. Use rock salt and ice in proportions 3 measures of ice to 1 of salt. Adjust the can freezer, put in the dasher and pour in the mixture to be frozen. The can should not be more than full to allow for expansion. Cover and adjust the top; turn the crank to be sure that the dasher is in the socket. Fill the space between can and pail with alternate layers of ice and salt. The ice should come a little higher than the mixture in the can. Turn crank slowly at first and then more rapidly, replenishing ice as needed. As soon as frozen, draw off the water, open the can, remove the dasher with a wooden spoon pack the cream into a smooth mould, cover closely; corking the hole in the mould with fresh salt and ice. Place on top old blanket, piece of carpet or newspaper. At serving time lift out the mould, hold for a few minutes under the cold water tap, wipe dry and turn quickly on a ice-cold platter. To keep over-night or for several hours, butter the joints of the mould, all over with a strip of cloth an inch wide, spread it with soft butter, and wrap around the joint, where the dasher was in the mould. This will keep out the salt water.

In adding fruit to the creams, such as peaches, pineapple, plums or oranges, it must be cut in small dice, sprinkled with sugar and allowed to stand two hours.

Berries must be mashed, sugared and mixed with the frozen cream. Always thoroughly wash berries before freezing it. It is then smoother and freezes more rapidly and easily.

BOSTON ICE CREAM

2 quarts cream.

Flavoring.

1 cup sugar.

Put 1 quart of cream in a double boiler with 1 cup sugar and bring to a scald (the cream is scalded when the water in the under pot boils). Pour this on the other quart of cream, add cold flavor and freeze. Canned fruits are very nice to add to this. For ice pudding, cherries and pistachio nuts may be soaked in wine and added to the mixture, when nearly frozen. The brandy keeps the fruit from freezing.

STRAWBERRY ICE CREAM

1 quart berries.

1½ cups sugar.

½ cup cream.

1 pint scalded cream.

Mash berries and sprinkle with 1 cup of sugar. Let stand ½ hour. Strain through coarse cloth, pressing until only the seeds remain. Dissolve ½ cup sugar in the scalded cream and when dissolved add to strawberry juice. Turn into freezer. When frozen to mush, add ½ cup plain cream, recombine and freeze hard. This serves six.



TOM AND JERRY

1½ cups milk.
1 cup sugar.
6 egg yolks.
1 teaspoon vanilla.

3 cups cream.
3 tablespoons brandy.
2 tablespoons rum.
1 pinch salt.

Make a custard of the milk, sugar, eggs, salt and vanilla, as mentioned in general remarks on cream herein. Half freeze, add the rum and brandy, and finish freezing. This will serve 8 persons.

VANILLA ICE CREAM, No. 1

3 cups cream.
1 cup milk.

¾ cup sugar.
2 teaspoons vanilla.

Whip 2 cups of the cream; to the thin part that drains from the whip add 1 cup of cream and 1 cup milk, the sugar, and scald thoroughly. Cool and add the flavoring. Freeze till soft mush, then add whipped cream. Turn the freezer as fast as possible for 5 minutes, remove dasher, repack and let 30 minutes before serving.

VANILLA ICE CREAM, No. 2

1 pint milk.
1 pint cream.
1 cup sugar.
2 eggs.

1 teaspoon *Purity Flour*.
¼ teaspoon salt.
2 teaspoons vanilla.

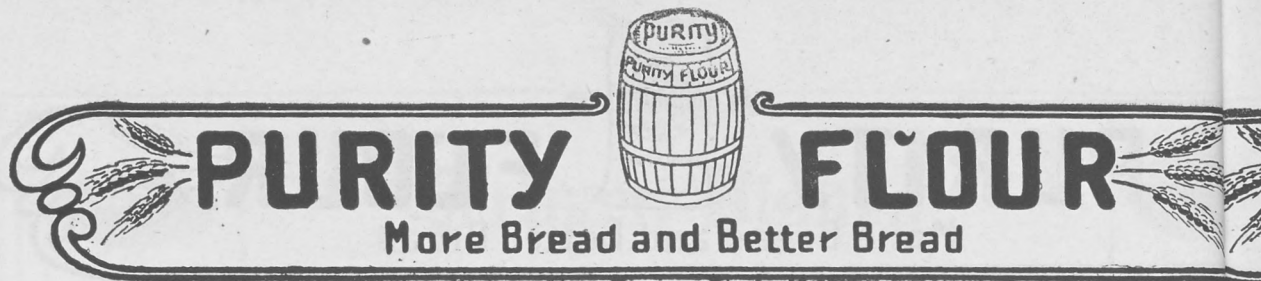
Scald the milk, mix sugar, flour and salt, stir into it, cook 20 minutes, stirring constantly. Pour on hot on the beaten eggs, strain, add the cream and flavoring and freeze as usual.

CHOCOLATE ICE CREAM

Melt 4 ounces of Baker's chocolate, add 1 cup water and boil for 5 minutes. Add this to any vanilla cream mixture.

FRUIT CREAMS

Prepare No. 1, omitting the cup of milk; when half frozen beat in 1 pint to 1 quart fruit pulp sweet to taste and finish as usual. Peach is improved by the addition of a little maraschino, and others by some flavoring or cordial to accent their natural flavor.



LEMON WATER ICE

Juice of 6 lemons, grated peel of 2, 1 or 2 large, sweet oranges, 1 pint water, 1 pint sugar. Squeeze out every drop of juice and steep in it the grated rind of orange and lemon for 1 hour. Strain through the bag dry. Mix in the water, then the sugar, stir until dissolved, then freeze, opening the bag to stir all up together, once or twice. By the addition of 1 tablespoon gelatine, dissolved, thickened as a sherbet and will look creamy and stay frozen better.

LEMON SHERBET

Prepare a sweet lemonade and freeze; when it is nearly frozen add to each quart of the ice cream the beaten whites of 2 eggs, then finish freezing.

PEACH SHERBET

Dissolve 1 pound sugar in 1 quart of boiling water, add the juice of 5 lemons, let cool. Add peaches and press through a sieve. When lemon syrup is cool, add peaches and freeze; when frozen, add the whites of 5 eggs well beaten.

MILK SHERBET

4 cups milk.
1½ cups sugar.

Juice of 3 lemons.

Mix juice and sugar, stirring constantly, while slowly adding the milk; if added too rapidly, the mixture will have a curdled appearance, but will not affect the quality of sherbet. Freeze and serve.

RASPBERRY ICE

¾ cup sugar.
3 cups raspberries.

1 cup water.
1 tablespoon lemon juice.

Sprinkle raspberries with sugar, cover and let stand 1 hour; then mash and squeeze through a cloth to extract as much juice as possible. Add lemon juice and freeze. Raspberry ice made in this way is of a much brighter color than when the fruit juice is added to a syrup. May substitute grape juice for the raspberry juice.



ORANGE ICE

1 pint orange juice.
1 quart water.
1 pint sugar.

Grated rind of 1 lemon.
 $\frac{1}{4}$ pint lemon juice.
Grated rind of 1 orange.

Make a syrup of the sugar and water. Boil 15 minutes and add the orange juice, lemon juice, peel and lemon peel. Freeze (according to directions given elsewhere). Serve in glasses. This sufficient for 12 persons.

PINEAPPLE ICE

4 cups water.
2 cups sugar.
Juice of 6 lemons.

4 cups ice water.
1 can grated pineapple.

Make a syrup of the water and sugar and boil for 15 minutes. Add the pineapple and lemon juice. and add the ice water. Freeze until mushy, using half ice and half salt.

CREME DE MENTHE ICE

To 4 cups of water add the juice of 2 lemons, $1\frac{1}{2}$ cups sugar, $\frac{1}{3}$ cup Creme de Menthe cordial, and a green coloring. Strain and freeze.

CURRENT ICE

To lemon ice mixture made of $\frac{3}{4}$ cup lemon juice, 2 cups sugar and 4 cups water, add 1 cup currant or 1 glass currant jelly melted, and freeze.

PINEAPPLE MOUSSE

1 tablespoon granulated gelatine.
 $\frac{1}{2}$ cup cold water.
1 cup pineapple syrup.

2 tablespoons lemon juice.
 $1\frac{1}{2}$ cups sugar.
1 quart whipped cream.

Soak the gelatine in the cold water. Heat the pineapple syrup and add the lemon juice, sugar and cream; strain and cool. When the mixture thickens, fold in the whipped cream. Mould, pack in salt ice and let stand 4 hours. This will serve 6 persons.

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COFFEE MOUSSE

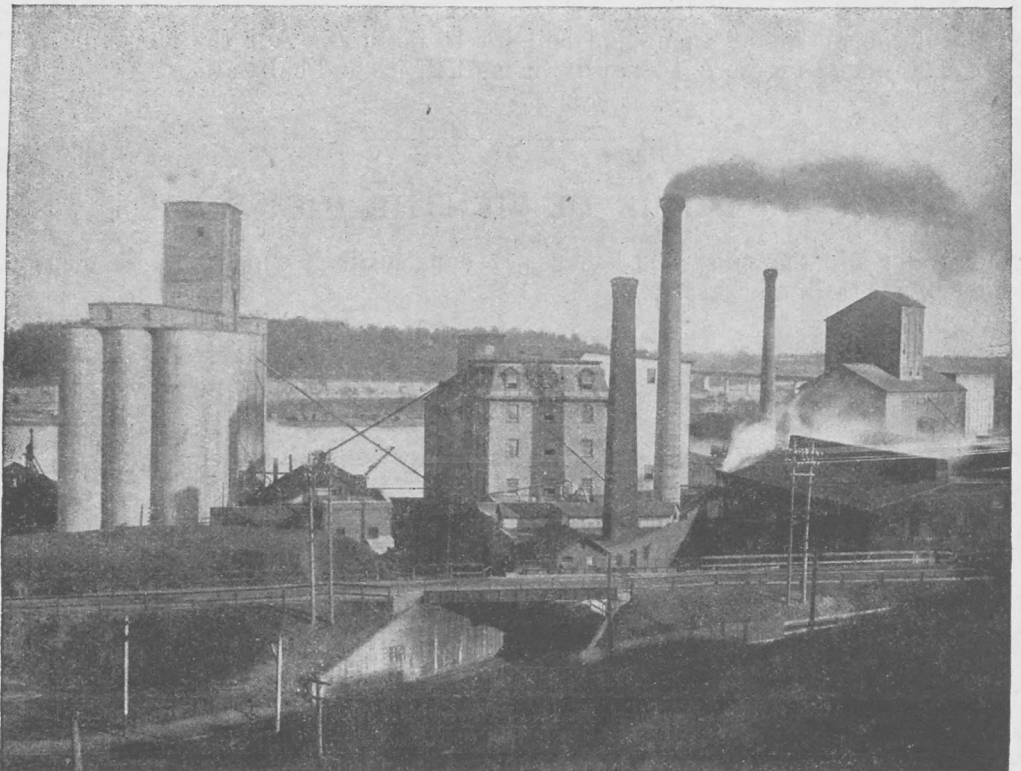
$\frac{1}{2}$ ounce gelatine.
2 tablespoons hot water.

$\frac{1}{2}$ cup black coffee.
1 pint cream.

After softening gelatine in boiling water, add the coffee and sugar. Set in a cold place in a pan of ice, stirring until it begins to thicken, then fold in the whipped cream. Cover and pack in ice for 4 hours.

NUT SAUCE

Boil 1 cup sugar with $\frac{1}{2}$ cup water and 1 tablespoon lemon juice to the thickness of cream. Remove from the fire, add a teaspoon of maple flavoring or caramel and $\frac{1}{4}$ cup chopped nuts. Serve cold with ice cream.



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Invalid Dishes



ften the dish is of more importance than the medicine. Do not consult the patient as to food, for various surprises help to tickle the appetite. Prepare the tray with a spotless cloth, select the daintiest from the cupboard. For feverish patients, cold water flavored with fruit juice is refreshing and *al*. For patients requiring nourishment there is nothing better than a hot gruel made from *Oatmeal* and served with thin cream. (For recipe, see Cereals.)

CHICKEN BROTH

kin and cut a fine full-grown fowl. If but little is wanted, take only the dark meat for the broth, into a pot with 1 quart of water, simmer slowly to rags, strain the liquid and return to the pot and n with 2 teaspoons of arrowroot. If vegetables are allowed, put in a few slices of turnip, parsnip, , and onion, celery according to convenience and taste, straining them out when the fowl is strained. hite meat of the breast and wings will make another dish; cut the meat off the bones and stew in fresh oyster liquid with a bit of butter, a beaten egg may be added. A piece of knuckle of veal e used instead of chicken.

CHICKEN CUSTARD

$\frac{1}{2}$ cup bread crumbs.
2 egg yolks.
Pinch of celery salt.

1 cup milk.
2 tablespoons chopped breast of chicken.
Pinch of salt.

Take the crumbs from the centre of a stale loaf and add to them the finely chopped chicken. Beat olks until well mixed and add to them the salt, celery salt and milk. Pour this over the other lients, mixing thoroughly. Fill a custard cup with the mixture, place it in a pan of hot water, and n a moderate oven until set. Serve hot.

FLAXSEED LEMONADE

2 tablespoons flaxseed.
1 quart boiling water.

1 cup sugar.
Grated rind and juice of three lemons.

Blanch the flaxseed and add the boiling water. Let it simmer for $\frac{3}{4}$ of an hour, then add the sugar lemon rind. Let it stand 15 minutes, strain and add the lemon juice. Serve either hot or cold. For cough, take a tablespoon every hour.



BEEF TEA

Take a pound of fresh, tender beef off the round, pare off the tough tissue and any fat. Cut in squares and put in stone jar. Put over it 1 teacup cold water. Put the cover on the jar and stand 1 hour of water and boil 4 hours. This is excellent and can be taken without salt.

MILK PUNCH

One cup milk, 2 tablespoons brandy, 1 teaspoon sugar, a little grated nutmeg.

FLOUR GRUEL

1 tablespoon *Purity Flour*.
1 saltspoon salt.
1 teaspoon sugar.

1 cup milk.
 $\frac{1}{2}$ square inch cinnamon.

Cook in a double boiler for 30 minutes or longer. Add milk or cream to thin it if desired.

BARLEY WATER

Wash 2 ounces of pearl barley in cold water, then boil for 3 minutes. Drain, throw away the water and add 2 quarts of boiling water; boil until the water is reduced to 1 quart, or about 2 hours. Strain and add the juice of a lemon, and sweeten. Some prefer to have it seasoned with salt only.

OATMEAL GRUEL

(See Cereals.)

EGGNOG

One egg, $\frac{1}{2}$ saltspoon salt, 2 teaspoons sugar, 1 cup milk, 2 teaspoons brandy. May flavor with slight grating of nutmeg instead of using brandy.

SWEETBREADS

(See Meats.)

OYSTER DISHES

(See Shellfish.)



Lenten Dishes

Having the Food Value of Meats



CHEESE

Cheese, being a food rich in proteid, may be used as a substitute for meat. It is more easily digested finely divided or melted and cooked with other foods. Soda added to melted cheese assists the melting and makes it more digestible. Cheese should be kept covered in a cool place. Old cheese should be kept in a cool, dry place.

STEAMSHIP DISH

Two cups grated cheese, 2 cups bread crumbs, 2 well-beaten eggs, $\frac{1}{2}$ grated nutmeg, 1 teaspoon salt. A pint of milk boiling hot, with a large spoon of butter, pour this over the other ingredients and all. Cover and set back on the range or in a double boiler for 3 or 4 hours, stirring occasionally. An hour before supper butter a pie plate, pour the mixture into it, set it in the oven and brown. It does not cook while standing on the range, but merely dissolves. Send to the table hot.

TOAST CHEESE

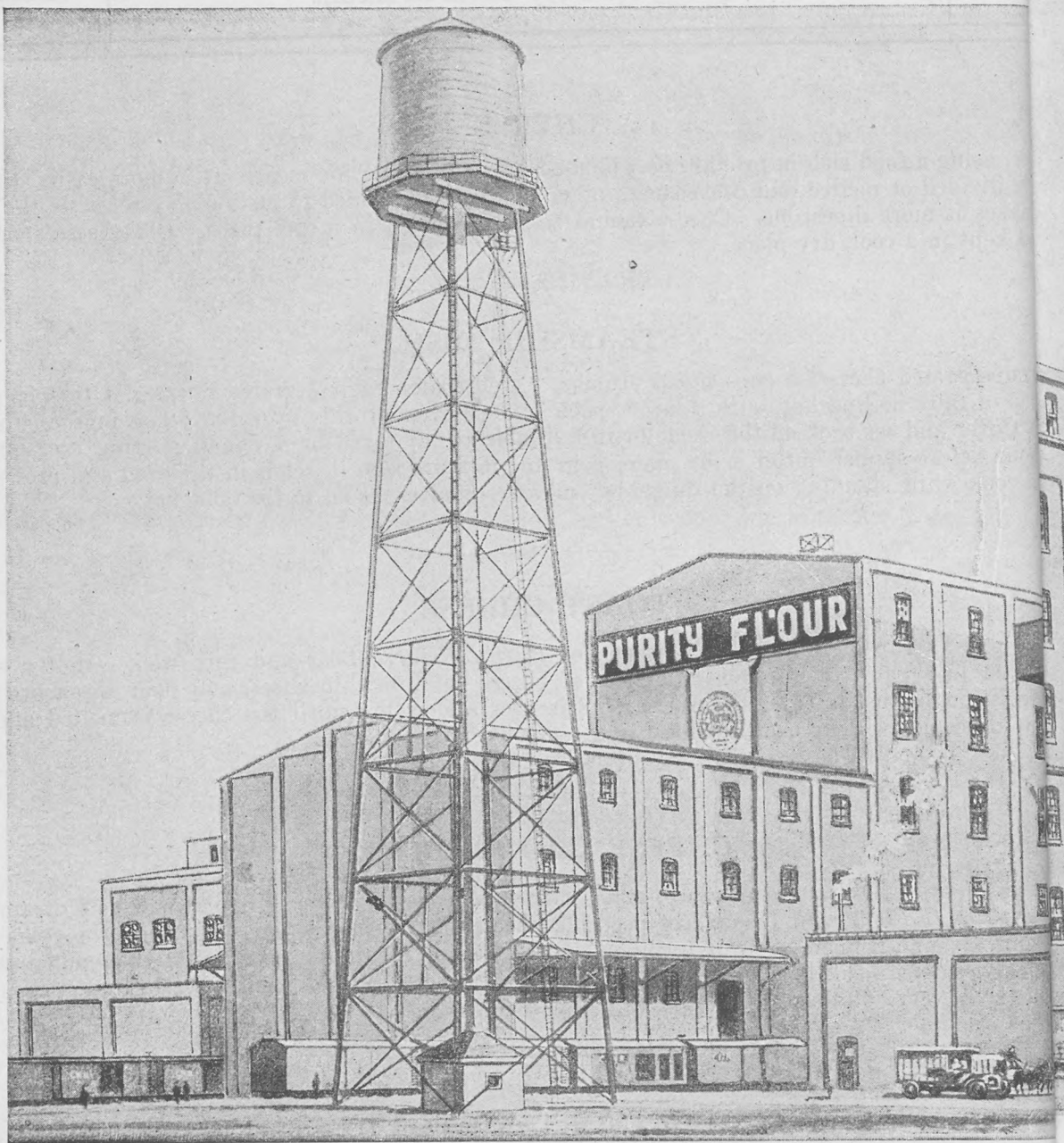
Take 3 eggs, a cup of milk and a teaspoon of *Purity Flour*. Beat and mix well. Melt a small amount of butter in a pan, put in about 2 ounces of cheese cut into thin slices, and pour the above mixture over it (it ought just to cover the cheese). Stir over a slow fire until the cheese is melted and the mixture has thickened. Pour over hot toast and serve.

CHEESE CROQUETTES

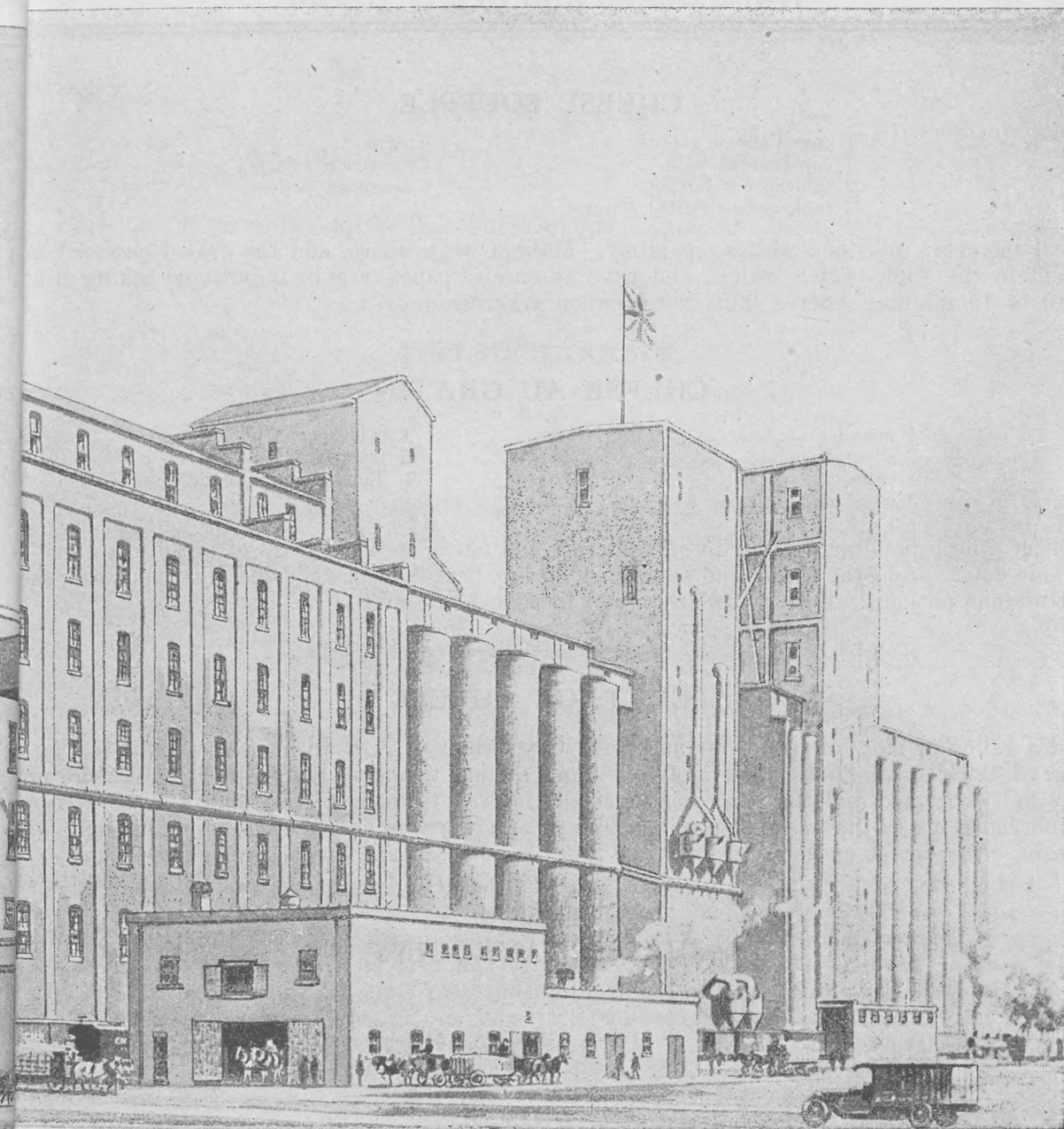
Take 1 cup of thick boiling cream sauce, made with 2 tablespoons butter, $\frac{1}{2}$ cup milk, $\frac{1}{2}$ cup cream and 2 spoons *Purity Flour*, add 1 pound of good old cheese cut in small squares or cubes, the yolks of 2 eggs, salt and cayenne pepper. Stir it together on the fire for a minute or two and then put away to cool quickly. When cold, form small oval-shaped flat croquettes, bread them twice in beaten eggs and fry in very hot, deep fat. Serve on a napkin.

ROQUEFORT AU PORT

Take $\frac{1}{2}$ pound of Roquefort cheese, a small piece of butter, a teaspoon of Worcester sauce and 2 spoons of heavy port wine. Add paprika pepper to taste and mix the whole together well. Mix with cracker dust and serve in the shape of croquettes.



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CHEESE SOUFFLE

- | | |
|-------------------------------------|--------------------------------|
| $\frac{1}{2}$ pound cheese grated. | 4 eggs. |
| 1 cup scalded milk. | $\frac{1}{2}$ teaspoon salt. |
| 2 tablespoons butter. | $\frac{1}{8}$ teaspoon pepper. |
| 3 tablespoons <i>Purity Flour</i> . | |

Beat the eggs, yolks and whites separately. Make a white sauce, add the grated cheese, then fold in the stiffly-beaten whites, and bake at once in paper cases or in buttered baking dish from 10 to 15 minutes. Serve immediately when taken from oven.

CHEESE AU GRATIN

- | | |
|------------------------------------|------------------------------|
| $\frac{1}{2}$ pound grated cheese. | 2 tablespoons butter. |
| 3 slices bread. | $\frac{1}{4}$ teaspoon salt. |
| 4 eggs. | Few grains cayenne. |
| 3 cups milk. | |

Butter a deep pudding dish; trim off the crust and butter well the slices of bread, place in butter side down. Add the cheese and seasonings on top, beat the eggs, add the milk, pour over and let it stand an hour. Bake 20 to 30 minutes in a moderate oven.

COTTAGE CHEESE

Set a gallon or more of thick sour milk into warm water or in a warm oven until it reaches a temperature of 180 degrees (Fahrenheit). Let it stand at that temperature for an hour or more until the whey is well separated and the curd feels firm all the way through. Turn gently on to a cloth and hang up to drain several hours. Turn from the bag and chop in dice, dressing with oil and cream, either sweet or sour, according to taste; or mix salt and cream through the mass.

CHEESE RAMEQUINS

- | | |
|------------------------------|---------------------------------|
| 4 tablespoons grated cheese. | $\frac{1}{2}$ cup bread crumbs. |
| 2 tablespoons butter. | $\frac{1}{4}$ teaspoon mustard. |
| $\frac{1}{2}$ cup milk. | $\frac{1}{4}$ teaspoon salt. |
| 2 egg yolks. | $\frac{1}{8}$ teaspoon pepper. |
| 3 egg whites. | |

Cook the milk and bread together until smooth, stirring often. Add cheese and butter and remove from the fire. As soon as the butter has melted, stir in the beaten yolks of eggs and seasonings. Add a little before adding the stiffly-beaten whites. Bake in buttered ramequins for 20 minutes in a moderate oven. Serve at once.



at the whites until stiff; fold the grated cheese into whites, add seasonings and let stand for 15
 l. Make into balls the size of a walnut and fry in deep fat until golden brown.

$\frac{1}{2}$ pound cheese.
 $\frac{1}{2}$ cup milk or cream.
 $\frac{1}{8}$ teaspoon salt.
 5 slices toast, toasted on one side only.

Put the butter in your chafing dish and then add the cheese broken into small pieces. Stir with-
 1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17. 18. 19. 20. 21. 22. 23. 24. 25. 26. 27. 28. 29. 30. 31. 32. 33. 34. 35. 36. 37. 38. 39. 40. 41. 42. 43. 44. 45. 46. 47. 48. 49. 50. 51. 52. 53. 54. 55. 56. 57. 58. 59. 60. 61. 62. 63. 64. 65. 66. 67. 68. 69. 70. 71. 72. 73. 74. 75. 76. 77. 78. 79. 80. 81. 82. 83. 84. 85. 86. 87. 88. 89. 90. 91. 92. 93. 94. 95. 96. 97. 98. 99. 100. 101. 102. 103. 104. 105. 106. 107. 108. 109. 110. 111. 112. 113. 114. 115. 116. 117. 118. 119. 120. 121. 122. 123. 124. 125. 126. 127. 128. 129. 130. 131. 132. 133. 134. 135. 136. 137. 138. 139. 140. 141. 142. 143. 144. 145. 146. 147. 148. 149. 150. 151. 152. 153. 154. 155. 156. 157. 158. 159. 160. 161. 162. 163. 164. 165. 166. 167. 168. 169. 170. 171. 172. 173. 174. 175. 176. 177. 178. 179. 180. 181. 182. 183. 184. 185. 186. 187. 188. 189. 190. 191. 192. 193. 194. 195. 196. 197. 198. 199. 200. 201. 202. 203. 204. 205. 206. 207. 208. 209. 210. 211. 212. 213. 214. 215. 216. 217. 218. 219. 220. 221. 222. 223. 224. 225. 226. 227. 228. 229. 230. 231. 232. 233. 234. 235. 236. 237. 238. 239. 240. 241. 242. 243. 244. 245. 246. 247. 248. 249. 250. 251. 252. 253. 254. 255. 256. 257. 258. 259. 260. 261. 262. 263. 264. 265. 266. 267. 268. 269. 270. 271. 272. 273. 274. 275. 276. 277. 278. 279. 280. 281. 282. 283. 284. 285. 286. 287. 288. 289. 290. 291. 292. 293. 294. 295. 296. 297. 298. 299. 300. 301. 302. 303. 304. 305. 306. 307. 308. 309. 310. 311. 312. 313. 314. 315. 316. 317. 318. 319. 320. 321. 322. 323. 324. 325. 326. 327. 328. 329. 330. 331. 332. 333. 334. 335. 336. 337. 338. 339. 340. 341. 342. 343. 344. 345. 346. 347. 348. 349. 350. 351. 352. 353. 354. 355. 356. 357. 358. 359. 360. 361. 362. 363. 364. 365. 366. 367. 368. 369. 370. 371. 372. 373. 374. 375. 376. 377. 378. 379. 380. 381. 382. 383. 384. 385. 386. 387. 388. 389. 390. 391. 392. 393. 394. 395. 396. 397. 398. 399. 400. 401. 402. 403. 404. 405. 406. 407. 408. 409. 410. 411. 412. 413. 414. 415. 416. 417. 418. 419. 420. 421. 422. 423. 424. 425. 426. 427. 428. 429. 430. 431. 432. 433. 434. 435. 436. 437. 438. 439. 440. 441. 442. 443. 444. 445. 446. 447. 448. 449. 450. 451. 452. 453. 454. 455. 456. 457. 458. 459. 460. 461. 462. 463. 464. 465. 466. 467. 468. 469. 470. 471. 472. 473. 474. 475. 476. 477. 478. 479. 480. 481. 482. 483. 484. 485. 486. 487. 488. 489. 490. 491. 492. 493. 494. 495. 496. 497. 498. 499. 500. 501. 502. 503. 504. 505. 506. 507. 508. 509. 510. 511. 512. 513. 514. 515. 516. 517. 518. 519. 520. 521. 522. 523. 524. 525. 526. 527. 528. 529. 530. 531. 532. 533. 534. 535. 536. 537. 538. 539. 540. 541. 542. 543. 544. 545. 546. 547. 548. 549. 550. 551. 552. 553. 554. 555. 556. 557. 558. 559. 560. 561. 562. 563. 564. 565. 566. 567. 568. 569. 570. 571. 572. 573. 574. 575. 576. 577. 578. 579. 580. 581. 582. 583. 584. 585. 586. 587. 588. 589. 590. 591. 592. 593. 594. 595. 596. 597. 598. 599. 600. 601. 602. 603. 604. 605. 606. 607. 608. 609. 610. 611. 612. 613. 614. 615. 616. 617. 618. 619. 620. 621. 622. 623. 624. 625. 626. 627. 628. 629. 630. 631. 632. 633. 634. 635. 636. 637. 638. 639. 640. 641. 642. 643. 644. 645. 646. 647. 648. 649. 650. 651. 652. 653. 654. 655. 656. 657. 658. 659. 660. 661. 662. 663. 664. 665. 666. 667. 668. 669. 670. 671. 672. 673. 674. 675. 676. 677. 678. 679. 680. 681. 682. 683. 684. 685. 686. 687. 688. 689. 690. 691. 692. 693. 694. 695. 696. 697. 698. 699. 700. 701. 702. 703. 704. 705. 706. 707. 708. 709. 710. 711. 712. 713. 714. 715. 716. 717. 718. 719. 720. 721. 722. 723. 724. 725. 726. 727. 728. 729. 730. 731. 732. 733. 734. 735. 736. 737. 738. 739. 740. 741. 742. 743. 744. 745. 746. 747. 748. 749. 750. 751. 752. 753. 754. 755. 756. 757. 758. 759. 760. 761. 762. 763. 764. 765. 766. 767. 768. 769. 770. 771. 772. 773. 774. 775. 776. 777. 778. 779. 780. 781. 782. 783. 784. 785. 786. 787. 788. 789. 790. 791. 792. 793. 794. 795. 796. 797. 798. 799. 800. 801. 802. 803. 804. 805. 806. 807. 808. 809. 810. 811. 812. 813. 814. 815. 816. 817. 818. 819. 820. 821. 822. 823. 824. 825. 826. 827. 828. 829. 830. 831. 832. 833. 834. 835.

parate yolks and whites of 4 hard-boiled eggs. Chop the whites finely, marinate with French dressing and arrange on lettuce leaves. Force the yolks through a potato ricer, and pile on the centre of the yolks. Serve with French dressing.

ak $\frac{1}{2}$ cup lentils and $\frac{1}{4}$ cup dried Lima beans-over-night in cold water to cover; drain, add 3 pints r, $\frac{1}{2}$ small onion, 1 stalk celery, 3 slices carrot and a sprig of parsley. Cook until lentils are soft, seasonings, drain and rub through sieve. To pulp add $\frac{1}{2}$ cup stale bread crumbs, 1 egg slightly salt and pepper to taste. Melt 1 tablespoon butter, add 1 tablespoon *Purity Flour*, and pour on lly $\frac{1}{3}$ cup hot cream. Combine mixtures and cool. Shape, dip in crumbs, egg and crumbs again, deep fat and drain on brown paper. Serve with tomato sauce.

ook $\frac{1}{2}$ can tomatoes, 1 slice onion, pepper and salt for 10 minutes. Brown 3 tablespoons butter, then 3 tablespoons of *Purity Flour* have been added. Rub tomatoes through strainer and add to butter and mixture.



PURITY FLOUR

More Bread and Better Bread

BAKED MACARONI WITH CHEESE

$\frac{3}{4}$ cup macaroni, broken in pieces.
2 quarts boiling water.
1 tablespoon salt.
2 tablespoons *Purity Flour*.

2 tablespoons butter.
 $\frac{1}{2}$ cup grated cheese.
 $1\frac{1}{2}$ cups scalded milk.
 $\frac{1}{4}$ cup buttered bread crumbs.

Cook the macaroni in the boiling water for 20 minutes, drain and blanch with cold water. Add a white sauce of the butter, flour and milk. Add seasoning to the sauce. Arrange a layer of macaroni in the bottom of a buttered baking dish; sprinkle with grated cheese, repeat until macaroni and cheese are used; pour over the white sauce, cover the top with buttered crumbs and for 20 minutes in a hot oven, or long enough to give the top a nice brown.

MACARONI WITH TOMATO SAUCE

$\frac{3}{4}$ cup macaroni.
2 quarts boiling water.
1 tablespoon salt.
2 tablespoons butter.

3 tablespoons *Purity Flour*.
 $1\frac{1}{2}$ cups tomato juice.
1 slice onion.
2 slices green pepper.

Cook the macaroni in the boiling salted water for 20 minutes, drain and blanch. Brown the meat, add the flour and seasoning. Cook the tomato juice with slice of onion and green pepper, strain and add cooked butter and flour slowly. Cook until smooth and thick and pour over the macaroni.

BOSTON BAKED BEANS

One quart pea beans soaked in cold water over-night. In morning drain, cover with fresh water and heat slowly (keep water below boiling point), and cook until skins will burst. Drain beans. To each pound fat salt pork, remove a slice and put in bottom of bean pot. Cut through the rind of remaining pork every $\frac{1}{2}$ inch, making cuts 1 inch deep. Put beans in pot and bury pork in them, leaving rind exposed. Mix 1 tablespoon salt, 1 tablespoon molasses, 3 tablespoons sugar, 1 tablespoon mustard and 1 cup boiling water, and pour over the beans. Then add enough more boiling water to cover the beans. When bean pot, put in oven and bake slowly 6 or 8 hours, uncovering the last hour of cooking. Add water as needed. Half an onion added improves the flavor.

BOSTON BROWN BREAD

(See Cereals.)

OTHER NUTRITIOUS DISHES

(See Eggs.)

SOUPS

SOUPS should be considered an important dish in every household. If properly made they are easily digested by both old and young. Soups are divided into two classes:

Soups with Meat Stock.—Chiefly used as a stimulant and to give variety to a liquid diet.

Soups without Meat Stock.—These are most nutritious, as they are usually made with milk, flavored with cream or vegetables.

To Clear Soup.—Allow the white and shell of 1 egg for each quart of stock. Break egg, beat slightly with 1 tablespoon cold water, break shell in small pieces and add to the cold stock. Set over the fire, boil constantly until boiling point is reached. Boil 2 minutes, add 2 tablespoons cold water, set back to fire and simmer 20 minutes, skim, strain through double thickness of white cheesecloth placed between 2 fine sieves. This is now ready to serve as clear soup, simply heating to the boiling point. If you wish to season soup more highly, add seasoning to stock before clearing.

For Coloring Soups.—For brown soup, burnt sugar is used (see Caramel in Sauces). For green soup, leaves of green spinach, parsley or celery with the juice squeezed out and put into the soup for a few minutes before serving. To color soup red, use the juice of tomatoes or red vegetable coloring. To color an amber color use grated carrot, boil it for $\frac{3}{4}$ of an hour in the soup. For white soup, use white stock and chicken, veal or lamb. A delicious flavor is obtained by putting into beef soup a whole onion with a dozen white cloves stuck into it. Peel the onion, but do not trim off the top, so the layers will not break apart in boiling. Strain out before serving.

Soups Made With Meat Stock

PLAIN BROWN SOUP STOCK

6 pounds shin of beef.

4 quarts cold water.

Carrot

Onion

Turnip

Celery

$\frac{1}{2}$ cup each, cut in cubes.

$\frac{1}{2}$ bay leaf.

6 peppercorns.

4 cloves.

2 sprigs parsley.

1 tablespoon salt.

Wipe beef with wet cloth and cut in inch cubes. Brown $\frac{1}{3}$ of this in marrow from the marrow-bone. Add this with remaining $\frac{2}{3}$ of meat, with bone and fat, into kettle. Add salt and cold water. Let stand at least 1 hour. Then heat very slowly to boiling point. Reduce temperature, cover and let simmer 6 or 7 hours. Add vegetables and seasonings the last hour of cooking. Strain and cool quickly.

PURITY FLOUR More Bread and Better Bread

BOUILLON

For receptions or other large parties. It is simply beef tea on a large scale and should be like a plain soup stock, allowing 1 pound of meat and bone to each pint of water. Season with salt, celery and onion if liked. It is best made the day before it is served. Set on ice overnight, every atom of grease, strain and clear according to the directions given, and serve hot or iced.

CONSOMME

- | | | | |
|---|---|--------------------------------------|--|
| 3 pounds beef, lower part of round.
1 pound of marrow bone.
3 pounds knuckle of veal.
3 quarts water.
Carrot
Turnip
Celery
Onion | } | $\frac{1}{2}$ cup each, cut in dice. | 1 tablespoon salt.
6 peppercorns.
3 cloves.
2 sprigs thyme.
2 sprigs parsley.
$\frac{1}{2}$ bay leaf. |
|---|---|--------------------------------------|--|

Cut the beef in 1-inch cubes and brown $\frac{1}{2}$ of this in fat from the marrow-bone. Put in kettle with cold water and salt, add veal cut in pieces, browned meat and bones. Let stand. Heat slowly to the boiling point, let simmer 6 hours, removing scum as it forms on surface. vegetables and add the seasonings the last hour of cooking. Strain, cool quickly, remove fat,

BEEF PUREE

- | | |
|--|-----------------------------------|
| 1 pint beef broth.
1 tablespoon sago. | 1 egg yolk.
2 ounces raw beef. |
|--|-----------------------------------|

Soak sago $\frac{1}{2}$ hour in enough water to cover, stir into hot broth and cook until soft, add mixed with a little broth and the beef, free from fat, and reduce to a pulp. Cook 3 minutes.

WINTER JULIENNE

- | | | | |
|--|---|---|--|
| 1 quart brown stock.
1 pint mixed vegetables. | { | celery.
turnip.
carrot.
onion.
cabbage. | $\frac{1}{2}$ teaspoon salt.
$\frac{1}{2}$ saltspoon peppercorns. |
|--|---|---|--|

Cut celery and turnip into dice. Cut carrot into match-shaped pieces, slice onion. Cabbage coarsely chopped. Cook the vegetables in boiling salted water until tender. Drain them and the soup a few minutes before serving. A richer soup may be had by retaining the vegetable stock.



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More Bread and Better Bread

SUMMER JULIENNE

1 quart Consomme add $\frac{1}{2}$ cup each cooked peas, string beans, asparagus tips, and onion cut in
 salt and pepper if needed. Heat to boiling point and serve.

LEFT OVER SOUP

$\frac{1}{2}$ teaspoon celery seed.
 1 tablespoon salt.

1 clove.
 4 peppercorns.

Use bones and trimmings from roast beef, beefsteak bones and trimmings, mutton-chop bones, any
 vegetables except squash, cold cooked eggs, crusts of bread and gravies, if any. For 6 pounds of
 use 4 quarts of cold water, add seasonings and let simmer 6 to 8 hours, until the meat is in rags
 water reduced to half. Strain and set away for stock.

CHICKEN SOUP

1 to 3 pounds fowl.
 2 quarts cold water.
 3 tablespoons cooked rice.

2 teaspoons salt.
 $\frac{1}{2}$ teaspoon pepper.
 1 teaspoon minced parsley.

fat, cut all the meat from fowl, reserving the breast whole. Cut the rest into bits, break the bones and
 em, with the meat and salt water, into the kettle. Place the breast on top of the other meat.
 hours. Remove the breast as soon as tender. Skim often at first, strain and add rice and breast
 dice, also seasonings and parsley.

Soups Made Without Meat Stock

add soups made without meat the foundation is usually milk, and as the milk should be cooked below
 boiling point, a double boiler is essential. In the following recipes, where the expression "Scald the
 is found, it always means cooked in a double boiler.

FOUNDATION FOR CREAM SOUPS

1 quart milk.
 1 tablespoon butter.
 1 teaspoon chopped onion.
 1 tablespoon *Purity Flour*.

1 teaspoon salt.
 $\frac{1}{2}$ saltspoon white pepper.
 1 speck of cayenne.

re scald the milk with the onion. Melt butter, add flour and cook until frothy, but be careful not to let
 and butter brown, add 1 cup of the hot milk slowly and cook together until thickened. Return to the
 st boiler. Add seasonings. It is now ready to finish in any way.



CREAM OF TOMATO SOUP

$\frac{1}{2}$ can tomatoes.
 1 quart milk.
 $\frac{1}{2}$ teaspoon soda.
 1 slice onion.
 3 tablespoons butter.

3 tablespoons *Purity Flour*.
 1 teaspoon salt.
 $\frac{1}{2}$ teaspoon white pepper.
 Few grains cayenne.

Scald milk with onion, remove onion and thicken milk with flour cooked in melted butter. Add tomatoes with sugar 15 minutes, add soda. Rub through puree strainer, add seasonings. Cook 10 minutes immediately before serving.

POTATO SOUP

1 quart milk.
 3 potatoes.
 2 slices onion.
 2 tablespoons butter.
 1 tablespoon *Purity Flour*.

$\frac{1}{2}$ teaspoon celery salt or celery stalk.
 1 teaspoon salt.
 Few grains pepper.
 Few grains cayenne.
 1 teaspoon minced parsley.

Cook potatoes in boiling salted water until soft; drain, rub through puree strainer. Scald milk with onion and celery stalk; remove onion and celery and add milk slowly to potatoes, stirring constantly. Add butter, add dry ingredients, stir until well mixed, then add to hot soup. Add also the minced parsley cook 1 minute before serving.

CREAM OF CELERY SOUP

Add 1 pint stewed and strained celery to the rule for "Foundation for Cream Soups" (above), and strain slowly the combined mixture over a well-beaten egg, stirring well.

CREAM OF CAULIFLOWER SOUP

$\frac{1}{2}$ cauliflower.
 1 pint chicken or veal stock.
 1 pint milk.
 $\frac{1}{2}$ cup cream.

1 tablespoon *Purity Flour*.
 $\frac{1}{2}$ teaspoon salt.
 Few grains cayenne pepper.

Soak cauliflower head down in cold, salt water, 1 hour. Cook cauliflower in boiling salt water 15 minutes. Heat stock and milk. Cut off and reserve the flowerlets from the cauliflower. Run through a puree strainer and add to the hot soup. Thicken with *Purity Flour* cooked in butter. Add seasonings and flowerlets and serve with Imperial Sticks.

BARLEY SOUP

Soak about a pint of barley over-night; next morning boil for about 15 minutes, or until tender. Put the barley into about a quart of chicken broth and heat thoroughly. Serve with little squares of small crackers.

PURITY



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More Bread and Better Bread

PUREE OF LIMA BEANS

1 pint Lima beans.
6 pints cold water.
3 small tomatoes.
1 tablespoon butter.

1 tablespoon *Purity Flour*.
2 teaspoons salt.
 $\frac{1}{4}$ teaspoon pepper.
Few grains cayenne pepper.

Soak beans over-night, if dry; in the morning drain and add cold water. Simmer these in the 6
of cold water until soft, rub through a sieve, add salt, pepper and cayenne. Reheat soup, melt
add *Purity Flour*, cook together until perfectly smooth, add 1 cup of soup, stirring all the time.
the remainder of the soup. Slice the tomatoes very thin, add to the soup and cook 3 minutes.
stock or the thin part of a can of tomatoes may be used in which to cook the beans in place of the
(A speck of sugar improves the flavor of any soup.)

VEGETABLE SOUP

Use 4 good-sized carrots, 2 potatoes, 2 stalks of celery, and mix with $\frac{1}{2}$ cup canned peas. Boil until
vegetables are tender and add $1\frac{1}{2}$ quarts beef stock and salt and pepper to taste.

CRACKER BALLS FOR SOUP

Use one tablespoon of the cold fat from top of soup or 1 tablespoon of butter; stir to a cream and add
the salt and a little grated nutmeg. Stir into this 1 egg well beaten and finely powdered cracker
 crumbs, till the dough can be handled. Roll into balls size of a marble and boil in the soup about 10
 minutes. Be careful not to make too stiff with cracker or the balls will be hard. They should be light
 and spongy.

NOODLES

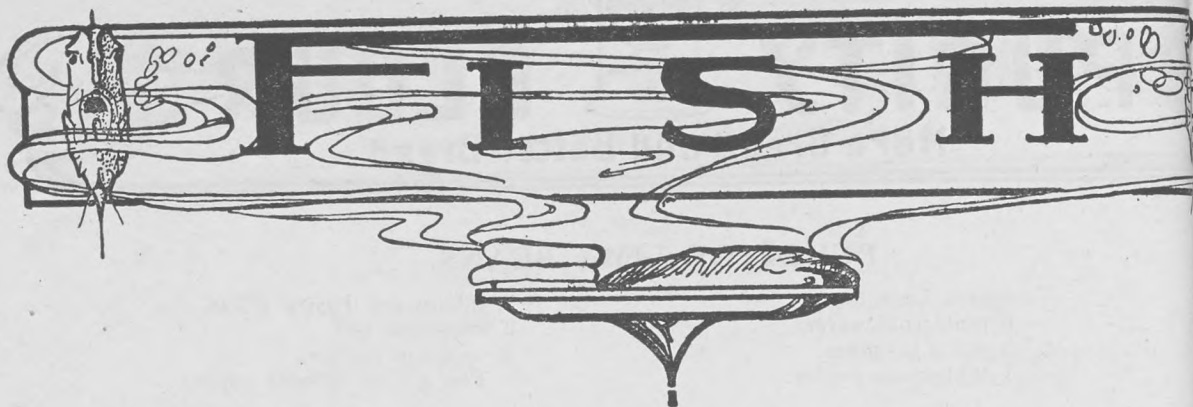
Add gradually to 3 eggs sufficient *Purity Flour* to make a stiff batter; cut the dough in two, roll
 very thin, and leave the paste on the moulding board till perfectly dry. When dry cut into narrow
 strips. These require about 5 minutes to boil and are very good to thicken soups. They may also be
 served in salt water to eat with meat.

CROUTONS

Butter bread well, cut in small bits or dice, brown well in the oven. Very nice for soup.

IMPERIAL STICKS

Cut slices of bread, remove crust and cut slices in oblong pieces. Toast and serve.



A FISH is fresh when the gills are red, eyes bright and not far sunken, scales stiff and flesh firm. Fish is an important part of our food supply. It is not so nourishing as if properly cooked it is more easily digested. Fish is usually served for variety and make change from meats, and has the advantage of taking less time to cook. There are so many of fish and so many nice ways of preparing it that we should have no trouble in making any dish. Fish should be well seasoned and attractively garnished. The favorite garnishings are in various shapes, and parsley, watercress or lettuce.

Preparation.—To scale a fish, scrape the scales off in a pan of cold water, using a dull knife at the tail and work up to the head. Split the fish down the stomach, remove entrails, scrape with salt and water, and wipe dry. To bone a fish, remove head and run a sharp, pointed knife back under the flesh, from tail along the backbone to head; turn and remove flesh from one side the meat away and work the flesh away from the bones with fingers.

Boiled Fish.—Clean fish, wipe carefully and rub with salt. Let lie in salt for a few hours. Put a piece of cheesecloth to hold the fish together and to prevent the scum from adhering to the fish in a kettle half filled with boiling water. Cook slowly, allowing 15 or 20 minutes to the pound. A fish kettle with a rack is useful. A wire basket in a kettle may be substituted, the fish coiled about the basket.

The water in which the fish is cooked should have salt and vinegar or lemon juice added—2 salt and 1 of vinegar to a quart of water. The salt gives flavor, the vinegar or lemon juice keeps the flesh white. For a 4-pound fish, let it simmer 40 minutes. For a small fresh-water fish, use cold water. As soon as they boil they are done. Take from the water and remove cheesecloth. Place on platter and garnish with parsley and slices of lemon. May also use mashed potatoes put through pastry tube, or croquettes.

Baked Fish.—A fish weighing 4 to 6 pounds is a good size to bake. Clean as above, make a coating of bread crumbs, butter, salt, pepper, parsley and onion, and some salt pork chopped fine. Mix with 1 egg, fill the body and sew it up. Lay in dripping-pan with a pint of water. Bake 1½ hours. Drain off the fat, add a little gravy and pour over it. Garnish and serve.

FILLET OF HADDOCK OR COD

Dress and clean the fish, remove the skin and backbone, cut flesh in square pieces, season with salt and pepper and roll in fine white cornmeal or *Purity Flour*. Try out several slices of salt pork in the hot fat, cook brown on each side, drain on soft paper and serve hot. Serve with butter and garnish with slices of lemon. Any fish having firm white flesh can be prepared in this manner.

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FLOUR

More Bread and Better Bread

FINNAN HADDIE

Take a haddock, put in a baking pan with the skin down, and pour in enough warm water just to cover in and not the rest of the fish. Let the fish remain in the oven 15 minutes. By this time the should be loosened. Take the fish out of the oven, pull off the skin and pour the water out of the dish. Lay the fish back in the pan with milk enough to cover it, and strew bits of butter over it. for 10 or 15 minutes. The milk may then be thickened and served with the fish. If sweet cream instead of using butter, take a cup of cream, and before serving thicken with a little *Purity Flour*. over the fish when it is cooked.

BROOK TROUT

Wash clean and wipe dry. Dip in egg and then in cracker crumbs and season well. Fry brown in

BROILED HALIBUT

Wipe with cloth wrung out in cold water, season the slices with salt and pepper. Roll in *Purity Flour* meal and broil for 25 minutes. Serve with maitré d'hotel butter.

HALIBUT FRIEZE

Cut 3 pounds of halibut steak into 3-inch squares. Wipe with wet cloth and dry thoroughly. Dip *Purity Flour*, then in beaten egg. Roll in sifted bread crumbs, fry in deep fat until a rich brown, on soft paper and serve with maitré d'hotel butter.

PICKLED SALMON

Take the fish left from dinner, remove the bones, and lay in a dish. Boil a cup of the liquor in which sh was boiled, with same quantity of vinegar, with teaspoon of whole pepper, $\frac{1}{2}$ teaspoon whole all- 1 teaspoon of salt and a bay leaf. Let stand till cold and pour over the fish. Allow to remain urs before using.

CODFISH BALLS

1 cup cooked codfish.

1 egg.

Fat.

1 cup mashed potatoes.

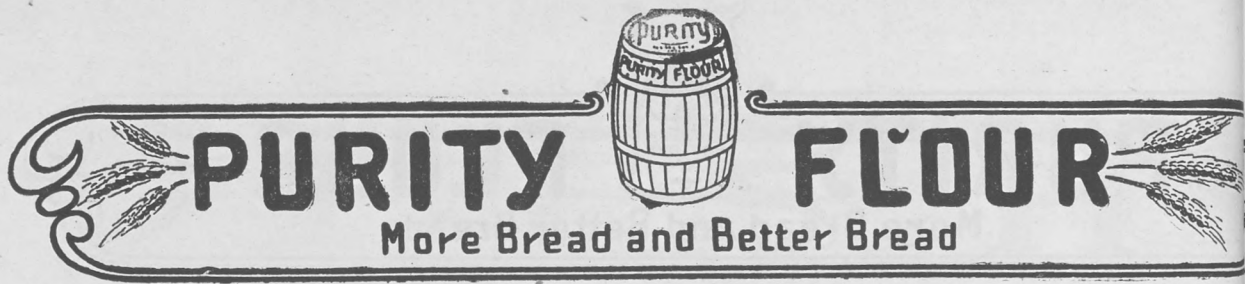
1 cup cracker crumbs.

Purity Flour.

Fried potatoes.

Parsley.

Mash the codfish very smooth, add potatoes and egg well beaten, mix thoroughly, form into small n roll in flour, then in egg, then in cracker crumbs, and fry in deep fat. Drain, pile on platter in ke pyramid. Garnish with fried potatoes and parsley. This may be made into cakes about $\frac{3}{4}$ inch bu and fried until brown in frying-pan.



PURITY FLOUR

More Bread and Better Bread

CREAMED CODFISH

Heat $1\frac{1}{2}$ cups milk in a double boiler, add $1\frac{1}{2}$ cups salt codfish (which has previously been into small pieces and soaked over-night in cold water), cook 10 minutes, mix 1 tablespoon *Purity Flour* to a smooth paste, then stir into the milk. When smooth and cream-like from the fire and serve.

FRIED SMELTS

Clean smelts, removing entrails and gills, leaving heads and tails on. Wash, wipe dry, with salt and pepper, dip in *Purity Flour*, egg and crumbs, and fry 3 or 4 minutes in deep fat. on a hot platter and garnish with parsley and lemon. Smelts may be baked in the oven or pan

BOILED SALT MACKEREL

Let the mackerel stand over-night in an earthen dish in cold water, skin side up. In the drain and put in pan with cold water enough to cover. Let simmer (not boil) about 20 minutes. a hot platter with butter and rich white sauce poured over it.

SHAD ROE

Shad roe may be baked, broiled or fried. To broil wipe with wet cloth, dry, sprinkle with pepper, place on a greased wire broiler. Cook for 5 minutes on each side. Serve with maitre butter. The roe may be rolled in *Purity Flour*, egg and bread crumbs and fried in deep fat or with a little fat. Serve surrounded with French fried potatoes.

CREAMED FISH

Pick cold cooked fish to pieces and remove all the bones. Make a cream sauce of 2 tablespoons of butter and *Purity Flour*, 2 cups milk, a dash of cayenne, and $\frac{1}{2}$ teaspoon salt. Butter pudding put in layer of fish, layer of sauce, and continue until dish is full. Spread buttered crumbs on top. bake 20 minutes in hot oven.

PURITY



FLOUR

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BOILED COD WITH OYSTERS

Wash and clean fish as directed, place in boiling water slightly salted, add a few cloves and peppers, lemon peel. Cook slowly, allowing 15 minutes to the pound. When done, arrange neatly on a napkin, garnish with parsley and serve with oyster sauce made as follows:

1 pint oysters.
½ cup milk.
2 tablespoons butter.
2 tablespoons *Purity Flour*.

½ teaspoon salt.
Few grains cayenne pepper.
Few grains mace.

Strain the liquor from the oysters into a bowl. Wash and pick over the oysters, then cook in the liquor until the edges begin to curl. Remove the oysters. Melt the butter, add *Purity Flour* and seasonings, together, then add slowly 1 cup of the oyster liquor and milk. Cook together, add the oysters and serve in a sauce-boat.

SALMON CROQUETTES

Take 1 can salmon, 1 cup rolled crackers; make a sauce of the juice of the salmon, ½ cup milk, salt, 1 heaping tablespoon *Purity Flour*, mix with salmon and crackers. Shape into balls or rolls (if more crackers may be used), dip in beaten eggs, then roll in cracker crumbs and fry in hot lard.

SALMON MOULD (CANNED OR FRESH SALMON)

1 pint salmon, minced.
½ cup milk.
2 tablespoons vinegar or lemon juice.
1 tablespoon parsley, minced.
1 teaspoon salt.

Small piece of butter.
1 cup bread crumbs.
2 eggs.
½ teaspoon mustard.

Mix all together and steam 45 minutes in large mould, or 20 minutes in small moulds. Serve with sauce or salad.

SALMON MOULD, No. 2

Take 1 pint of salmon, pour off the oil, remove all bones and stir the fish until smooth; add 2 table-
spoons melted butter, ½ cup fine bread crumbs, 2 well-beaten eggs, pepper and salt. Put in a covered dish
(buttered), steam one hour. Turn out on a platter and pour over it a sauce made as follows:
milk, 3 tablespoons *Purity Flour*, wet with a little milk, add the oil from the salmon and 1 egg,
beaten. Boil slowly until it thickens. Salmon mould may be served cold, but is much nicer hot
with the sauce.



FROGS' LEGS

The green-marsh frogs furnish the best hams, as they are more tender and have less of a muddy flavor. They are generally liked fried. Cut off the feet and truss them by inserting a string along the shin of the other leg. Wipe well, sprinkle with salt and pepper, roll in *Purity Flour*, dip in fine bread crumbs, fry to a delicate brown color in deep hot fat. Serve with tartare sauce. They can also be cooked in a frying-pan with butter, allowing 2 tablespoons butter to 1 dozen frogs' legs.

SHELLFISH

Oysters are in season from September to May. Oysters are very easily digested, especially when raw. To clean oysters, strain them from the liquor, reserving the liquor. Pick over the oysters for bits of broken shell and wash in a little cold water. Be careful not to cook oysters too much, or they will become tough. Simmer until the edges begin to curl, no longer.

BROILED OYSTERS

Take the largest oysters, clean, scald, drain, dry on a towel and dip one by one into soft butter till well coated, and then in seasoned *Purity Flour*. Lay them on a buttered broiler. Cook over coals until a light brown. Serve on slices of buttered thin toast. If done by a gas stove, lay them under the broiler to catch the drip. Fine cracker crumbs may be used instead of flour. Oysters that have been breaded for frying are good broiled.

OYSTERS ON HALF SHELL

Keep on ice until serving time. Have small soup plates half full of fine ice, and lay the oysters on the deep half of the shell on the plates as fast as opened. Salt, pepper and a cut lemon are served at the side; a true oyster lover will use no other sauce. Small oysters are preferred; 12 is enough for each plate.

FILLING FOR OYSTER PATTIES

Allow 2 to 3 oysters for each person. Scald in their own liquor until ruffled. Drain off the liquor through a sieve. Cut oysters in 2 or 3 pieces and take out the hard part of the oysters. Combine 2 tablespoons *Purity Flour* and 2 of butter to a paste, then add $\frac{1}{4}$ pint of the oyster liquor and $\frac{1}{2}$ pint of milk, then the oysters, and let come just to the boil. Take off the stove and add the yolks of 2 eggs; a pinch of salt and pinch of cayenne pepper improves it. Put into oyster patties and garnish with chopped parsley.



PIGS IN BLANKETS

Use large oysters with salt and pepper. Cut some fat bacon in thin slices. Wrap an oyster in the bacon, fasten with small wooden skewer. Heat a frying-pan very hot, put in the oysters. Cook just long enough to crisp the bacon on all sides—say about 2 minutes—place on a small piece of toast. Serve hot, garnish with parsley.

OYSTER STEW

Strain the oyster liquor, put 2 quarts oysters in a saucepan with the oyster liquor. Shake them over the fire, and when they begin to curl and get plump, skim them out, add a cream or rich milk to the liquor, add seasoning and butter, then oysters, and serve.

CREAMED OYSTERS

Use a quart oysters, 1 pint of cream or sweet milk, thicken with a little *Purity Flour* as for gravy. Cooked, pour in the oysters with liquor, pepper, salt and butter, a little nutmeg or mace. Have ready a slice of nicely-browned toast. Pour creamed oysters over and serve hot.

FRIED OYSTERS

25 large oysters.
2 tablespoons *Purity Flour*.
4 tablespoons milk.
4 tablespoons cracker dust.
2 eggs.

4 heaped teaspoons bread crumbs.
1 saltspoon salt.
1 saltspoon pepper.
1 saltspoon grated nutmeg.

Wash the oysters thoroughly and dip them one by one into a batter made of the *Purity Flour*, milk, salt, and salt, then roll them in the cracker dust and put separately on a platter to dry for $\frac{1}{2}$ an hour. Heat the hot, clarified fat, and dip the oysters one by one into the well-beaten eggs, then roll them in the bread crumbs and nutmeg, which should be mixed together, and drop them lightly into the hot fat. When they remain about 3 minutes. Put them for a moment on brown paper to drain, and serve hot.

SCALLOPED OYSTERS

Crinkle a buttered dish with bread crumbs, then put in a layer of oysters, some bits of butter, pepper, salt, celery salt, ground mace, and so on until the dish is filled, leaving the buttered crumbs on the surface. It is better to use a shallow dish and have only 2 layers of oysters. Pour over a little milk. Bake until light brown.

PURITY FLOUR

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OYSTER FRITTERS

Take 1 pint of milk, 2 well-beaten eggs and *Purity Flour* to make a smooth but rather thin batter. Season with pepper and salt, stir in 50 large oysters, drop a spoonful of batter into boiling lard, 1 or 2 oysters in each spoonful. Serve hot in fringed napkins.

OYSTER ICEBERG

Oysters look very pretty served in this way, and add to the festive appearance of the Christmas dinner. A clear crystal block of ice must be chosen, and wreathed about the base with dark-green leaves and berries of the holly, concealing the platter that holds it. The oysters rest in the hollow scooped out in the centre of the ice with a hot iron. Of course this dish is more effective under candle or gas light. Serve the oysters with salt, pepper, Worcester sauce, or tabasco, catsup or lemon juice.

LOBSTER

The time of boiling varies with the size of the lobster. The time is 15 or 20 minutes for large lobsters and 10 for small. The usual way is to plunge them into boiling water enough to cover and boil them slowly until they are done. Too much cooking toughens it and destroys the fine, delicate flavor of the meat.

LOBSTER RAMEQUINS

One small lobster, 1 ounce butter, 2 shallots chopped, $\frac{1}{2}$ ounce *Purity Flour*, 1 glass marsala, $\frac{1}{2}$ glass milk, seasoning, browned bread crumbs, some paper or china ramequin cases. Chop the lobster coarsely, melt the butter in a saucepan, put in the shallots finely chopped and cook them in the butter until browned. Put in the lobster, then add the sherry. Cook for a few seconds, add the milk and stir until it boils. Season well and fill the ramequins with the mixture. Shake some browned bread crumbs over each. Place in the oven for 5 minutes to make very hot, and serve immediately. Canned lobster or fish might be used.

LOBSTER A LA NEWBURG

Cut meat in small, delicate pieces. Into dish over the fire put 4 tablespoons butter, and when melted add lobster, cook slowly for 5 minutes, then add 2 tablespoons of brandy, 2 of sherry, pinch of salt, a little red pepper and a slight grating of nutmeg. Simmer slowly for 5 minutes longer, then add the well-beaten yolks of 4 eggs and $\frac{1}{2}$ a pint of cream. After mixing this well, it is ready to serve.



PURITY FLOUR

More Bread and Better Bread

CRABS

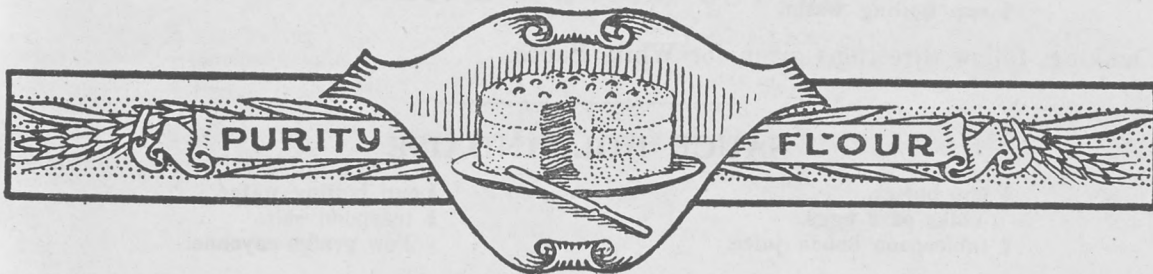
Crabs are in season during the summer months, and crabs, like lobsters, are purchased alive. Put into boiling water and cook them in precisely the same way as lobsters. Soft-shelled crabs are more than hard-shelled crabs shedding their shells.

CLAMS

Select 1 dozen large Guilford clams, wash thoroughly and plunge them into boiling water for a minute. Drain and open them and use the round, plump part only. Put in the chafing-dish or frying-pat of butter, and when quite hot add a dust of *Purity Flour* and cayenne to suit the taste; simmer clams till they are slightly cooked (about 40 minutes), and put in 1 gill of light sherry. Cover and cook for 5 minutes. Serve on hot toast.

SCALLOPS

To fry, dip in egg, roll in bread crumbs, dust with salt and pepper and fry in deep fat. To stew, add a pint of white sauce, add the scallops and cook 10 minutes in a double boiler.



A PURITY FLOUR cake is a kitchen masterpiece



Fish Sauces

WHITE SAUCE, No. 1

2 tablespoons butter.
 $\frac{1}{2}$ tablespoon *Purity Flour*.
1 cup milk.

$\frac{1}{2}$ teaspoon salt.
Few grains pepper.

Melt the butter, add the flour mixed with seasonings and stir until thoroughly blended. Add milk, $\frac{1}{3}$ at a time, stirring till well mixed, and cook until smooth. Milk may be used cold or

WHITE SAUCE, No. 2, (FOR CROQUETTES, ETC.)

2 $\frac{1}{2}$ tablespoons butter.
 $\frac{1}{4}$ cup *Purity Flour*.
1 cup milk.

$\frac{1}{2}$ teaspoon salt.
Few grains pepper.

For making, follow directions given for White Sauce.

EGG SAUCE

One hard-boiled egg, and mince it up fine, and add to the ordinary White Sauce.

DRAWN BUTTER SAUCE

$\frac{1}{4}$ cup butter.
2 tablespoons *Purity Flour*.
1 cup boiling water.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.

For making, follow directions given for White Sauce.

SAUCE HOLLANDAISE

$\frac{1}{2}$ cup butter.
Yolks of 2 eggs.
 $\frac{3}{4}$ tablespoon lemon juice.

$\frac{1}{2}$ cup boiling water.
 $\frac{1}{2}$ teaspoon salt.
Few grains cayenne.

Add yolks of eggs, lemon juice and seasonings to $\frac{1}{3}$ of the butter; place in a saucepan of water and stir constantly till butter is melted. As it thickens, add the rest of the butter, a bit at a time, add the water and cook 1 minute.

TARTARE SAUCE

Add to $\frac{1}{2}$ pint of mayonnaise dressing, 1 teaspoon of chopped parsley, 1 teaspoon of chopped pickles, and $\frac{1}{2}$ teaspoon of finely-chopped onions.



SAUCE REMOULADE

$\frac{1}{2}$ pint mayonnaise add the yolks of 2 hard-boiled eggs, rubbed through a sieve, 1 teaspoon of parsley, and $\frac{1}{2}$ teaspoon of French mustard.

PLAIN SAUCE FOR BOILED FISH

$\frac{1}{2}$ cup boiling water, 1 tablespoon flour, mixed in cold water, 1 tablespoon chopped parsley, 1 teaspoon anchovy sauce or good catsup, juice of $\frac{1}{2}$ a lemon, beaten yolks of 2 eggs, salt and cayenne pepper. Thin the flour into the boiling water, set on the fire, continue to stir until it thickens, add pepper, butter, parsley, mix well together, put in lemon juice and catsup, boil for a few minutes, add yolks, stir for 2 minutes, pour over the fish and serve. Lemon juice improves fish sauce if the sauce is insipid.

CAPER SAUCE

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ teaspoon salt.
 3 tablespoons *Purity Flour*.

$\frac{1}{2}$ cup capers.
 $1\frac{1}{2}$ cups stock or water.
 Few grains cayenne pepper.

Melt butter, add *Purity Flour*, mixed with seasonings, stir until smooth, add broth ($\frac{1}{3}$ at a time), together, stirring constantly. When done, add the capers, well drained from their liquor.

MAITRE D'HOTEL BUTTER

$\frac{1}{2}$ cup butter.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.

$\frac{1}{2}$ teaspoon finely chopped parsley.
 $\frac{1}{2}$ tablespoon lemon juice.

Melt butter in a bowl and with small wooden spoon work until creamy. Add salt, pepper and parsley, lemon juice, very slowly.



PURITY FLOUR Pastry pleases



Poultry



POULTRY includes turkeys, chickens, ducks, etc. The meat is not as nutritious as beef and mutton, but its tenderness and flavor render it most agreeable as a change in the usual bill of fare.

Game includes the flesh of wild fowl and wild animals. Game with dark meat should be cooked rare, as venison, canvas-back duck and almost all birds, while the white-fleshed fowl, turkeys, chickens, etc., should be well done.

ROAST CHICKEN

Dress, clean, stuff and truss a 4-pound chicken. Rub with salt and pepper and place in a roasting-pan. Rub into a paste 3 tablespoons butter and 2 tablespoons *Purity Flour*, and cover breast and legs with it. Dredge bottom of pan with flour. Place in a hot oven, and when flour is browned baste with $\frac{1}{4}$ cup of butter melted in $\frac{1}{2}$ cup boiling water. Reduce oven heat and baste every 10 minutes until chicken is done. If water dries from the bottom of the pan, add more. A 4-pound chicken requires $1\frac{1}{4}$ hours to roast.

CHICKEN STUFFING

1 cup bread crumbs.
 $\frac{1}{2}$ cup butter.
 $\frac{1}{4}$ teaspoon salt.

$\frac{1}{2}$ cup milk.
Few grains pepper.

Sage, summer savory or parsley may be added if liked. Enough for 1 roast chicken.

GRAVY

Pour off the liquid from the pan in which the chicken roasted. Let this settle, remove 4 tablespoons of the chicken fat and place back in the pan; heat and add 4 tablespoons of *Purity Flour*. When these have cooked and browned together, add a little at a time 2 cups of broth in which the giblets cooked, seasoned with salt and pepper. Chop the giblets very fine and add to the gravy.

FRIED CHICKEN

Chickens will do for frying up to 6 months old if they are plump and in good condition. Dress, singe, clean and wipe with a wet cloth. Cut in quarters and season with salt and pepper. Roll in *Purity Flour* and fry in hot fat from salt pork until brown on both sides. Cover closely and reduce heat to cook slowly for 20 minutes more, or until tender. Dissolve the glaze with 2 or 3 tablespoons water, and pour over the chicken.



CHICKEN PIE

Dress and clean the chicken, following directions. Divide in pieces at the joints, cover with boiling water and cook slowly for 20 minutes, then take out. Fry 2 or 3 slices of fat salt pork. Put them in the bottom of a deep pie dish. Lay the chicken on them. Add 1 cup of hot water, $\frac{1}{4}$ cup butter, 1 teaspoon salt. Cover the top with a light crust, the same as for biscuit. Bake in an oven that is hotter at the top than at the bottom, and when well risen and brown, cover with paper or the crust will burn before the pie is baked through. Remove fat from the water in which the chicken was cooked, thicken with a little *Purity Flour*, season to taste, add 1 cup good cream, and when pie is done pour the gravy through the holes of the crust.

CHICKEN CURRY

Chicken, veal, lamb, any delicate meat, may re-appear on the table in a curry more delicious than when first served. For chicken curry, fricassee a pair of tender chickens, remove them from the pot when done and fry them brown in butter in which an onion and a piece of garlic have been fried. When the chicken is brown, remove it to a platter and stir into the butter in which it was fried about 2 tablespoons *Purity Flour* and a large teaspoon of curry powder. Add the gravy in which the chickens were fricasseed to this and add salt and pepper. Half cup rice boiled and put around the chicken on the platter is a nice addition.

FRICASSEE CHICKEN

1 year-old chicken.
1 tablespoon butter.
1 teaspoon lemon juice.
 $\frac{1}{2}$ teaspoon celery salt.

2 tablespoons *Purity Flour*.
1 cup cream.
1 egg.
 $\frac{1}{2}$ teaspoon pepper.

Dress, wash and cut up the chicken as directed. Wipe each piece, sprinkle salt and pepper, roll in *Purity Flour* and brown in butter. Cover with boiling water and simmer for 40 minutes. Remove the meat, reduce the stock to 1 pint to be used for sauce. For the sauce, melt butter, add *Purity Flour* and seasonings. Stir while cooking together. Add the broth and lemon juice, a little at a time, and cook until smooth. Add the scalded cream, pour this slowly over the egg well beaten, stir well. Arrange the pieces of chicken on a hot platter, garnish with toast points and pour the hot sauce over all.

JELLIED CHICKEN

One fowl, 4 pigs' feet or a shank of veal, salt and pepper. Take a fowl, an old one is best. Put on with water enough to cover. Add salt and pepper. Cook until tender, take out the bones and lay the pieces of fowl in a mould. Take the pigs' feet, which have been cleaned and soaked. Boil them to a jelly, strain off and put with the liquor from the chicken, boil it down until only enough remains to cover your chicken well. Salt and pepper to taste. This is nice garnished with hard-boiled eggs sliced. These may be put in the jelly or arranged around it on the platter.



MARYLAND CHICKEN

Dress, clean and cut up 2 chickens; sprinkle with salt and pepper. Dip in *Purity Flour*, egg and crumbs. Place in well-greased dripping-pan and bake 20 minutes in a hot oven, basting after the first 5 minutes of cooking with $\frac{1}{3}$ cup melted butter. Arrange on platter and pour over it 2 cups cream sauce made in the pan chicken was baked in.

CHICKEN SOUFFLE

1 tablespoon butter.
1 tablespoon *Purity Flour*.
1 tablespoon chopped parsley.
1 cup milk.
1 cup minced chicken.

$\frac{1}{2}$ teaspoon salt.
3 eggs.
10 drops onion juice.
Dash of pepper.

Make a white sauce by putting the butter in saucepan, when melted add the *Purity Flour* and stir a moment without browning. Then slowly add the milk and stir till smooth and thick; season with salt, pepper and onion juice. There should be 1 cup of the sauce. Remove from the fire and stir in the beaten yolks of 3 eggs, then add minced chicken. Stir the mixture over the fire until the egg has thickened a little, then set aside to cool. Rub a little butter over the top so it will not form a crust. Beat very stiff the whites of 3 eggs and stir lightly into the cold chicken mixture. Put into a pudding dish and bake in a moderate oven 45 minutes. Serve at once in the same dish.

CHICKEN RISsoles

Chop until very fine some cooked chicken, season highly, add a little finely minced ham, moisten with gravy or cream. Roll out trimmings of puff paste or any good pastry, and cut in rather large rounds. Moisten the edges slightly. Lay a tablespoon of mixture on $\frac{1}{2}$ of each round of paste. Fold the other $\frac{1}{2}$ over it. Press the moistened edges closely together and bake in quick oven or fry in hot fat.

CHICKEN CHARTREUSE

Mix 1 cup cooked chicken, chopped very fine, with 1 teaspoon chopped parsley, $\frac{1}{2}$ teaspoon onion juice, $\frac{1}{4}$ teaspoon salt, 2 tablespoons tomato juice, 1 beaten egg, dash of pepper. Grease well a pudding bowl, line it 1 inch thick with boiled rice. Fill the centre with the chicken mixture and cover the top with rice, so the chicken is entirely encased and the mould is full and even. Cover and cook in a steamer for 45 minutes. Turn from the mould and serve with a tomato sauce. Pour a little of the sauce around the form, not over it.



CHICKEN BAKED WITH RICE

Cut cold chicken in pieces, cover bottom of baking-dish with cold boiled rice, a layer of chicken, and then dust with celery salt, then more rice, chicken and salt until the dish is full. Cover with a cup of chicken stock or white cream sauce, then spread on the top yolk of a well-beaten egg. Bake in the oven about $\frac{1}{2}$ an hour.

CHICKEN CROQUETTES

(See Veal or Chicken Croquettes.)

MUSHROOM SAUCE FOR CHICKEN

Rub off the tender skin from a pint of mushrooms, with a little salt. Put them in a stewpan with a blade of mace, a little grated nutmeg, 2 tablespoons butter, 1 teaspoon *Purity Flour*, 1 pint cream. Put on the fire and boil till thick, stirring all the time.

CURRANT SAUCE

Five pounds red currants after they are cleaned, 5 pounds sugar, 1 pound raisins, 1 orange cut in very fine pieces, 1 lemon cut fine. Put all in a kettle and let simmer until it makes a syrup, then boil 40 minutes. To be eaten with cold meats or fowl.

BREAD SAUCE, (FOR POULTRY OR GAME)

Put 1 cup of cream in a double boiler with a small piece of onion and piece of whole mace. Let scald till well flavored, then remove the onion and mace and add to the cream $\frac{1}{2}$ cup fine dry bread crumbs and let boil till of consistency of thick cream or a thin batter. Add salt and a speck of cayenne pepper.

ROAST GOOSE

Singe and remove pin feathers and scrub a goose in hot soap suds, then remove the insides and rinse well in clear cold water. Wipe dry inside and out, stuff, truss, sprinkle with salt and pepper and roast in a hot oven for 2 hours. For the first hour of roasting the breast should be covered with buttered paper. Baste every 15 minutes. When done, place on a hot platter and remove skewers and strings. Garnish with browned apples and water-cress.



STUFFING

Chop an onion fine, blanch and drain, fry with a little butter, mix it with 2 cups well seasoned mashed potatoes, 1 cup bread crumbs, adding sage if liked.

BROWNE D APPLES

Pare 6 small sour apples and brown in butter and sugar, 1 tablespoon of each. Stew in broth enough to barely cover. Remove apples as soon as tender; boil the broth to a glaze and roll the apples in it.

APPLE SAUCE

Quarter and core 12 tart cooking apples. Steam till tender and sprinkle with 4 tablespoons sugar and a little salt. Do not make it too sweet. If the apples are not very sour, add the juice of a $\frac{1}{2}$ lemon.

ROAST DUCK

Prepare a dressing of bread crumbs, 1 onion, season with 1 teaspoon sage, salt and pepper. Rub duck outside and in with salt and do not stuff too full. Lay a piece of bacon on breast and bake in moderate oven 1 hour, if young. If old, parboil or steam until tender before roasting.

STUFFING FOR DUCKS, No. 1

$\frac{1}{2}$ pound onions.
3 cups bread crumbs.
1 teaspoon sage.

1 duck liver.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.

Mince, blanch and drain the onions, parboil the liver and chop very fine, combine with onions, bread crumbs and seasonings. This quantity is sufficient for one medium-sized duck.

STUFFING FOR DUCKS, No. 2

1 cup bread crumbs.
 $\frac{1}{2}$ cup butter.
1 teaspoon parsley.
2 minced sage leaves.

3 chopped shallots.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.



ROAST TURKEY

Clean, stuff and truss the turkey. Rub entire surface with salt, brush with soft butter and dredge with *Purity Flour*. Place in hot oven and when well browned reduce the heat. Baste with fat in pan and add 2 cups of boiling water; continue basting every 15 minutes until turkey is cooked, which will require about 4 hours for a 10-pound turkey. For basting use $\frac{1}{2}$ cup butter melted in 1 cup boiling water, and after this is used baste with fat in pan. During cooking turn turkey frequently, that it may brown evenly.

For gravy pour off liquid in pan in which turkey was roasted. From the liquid skim $\frac{1}{4}$ cup of fat, return the fat to pan and brown with 5 tablespoons *Purity Flour*; add slowly 3 cups of stock in which giblets were cooked, or add 2 cups of boiling water to dissolve and glaze in bottom of the pan and substitute for broth. Cook 5 minutes, season with salt and pepper and strain; add the giblets chopped very fine. The giblets may be used for forcemeat balls or chopped fine and mixed with the stuffing.

TURKEY STUFFING

3 cups dry bread crumbs.
 $\frac{1}{2}$ cup fine sausage meat.
1 tablespoon parsley (chopped).
1 tablespoon onion (chopped).
1 egg.

$\frac{1}{4}$ cup butter.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.
Few grains nutmeg.

Soak the bread in cold water until soft; press out all the water, add the sausage meat, seasonings, melted butter and egg well beaten. If the sausage meat is quite fat, the butter may be omitted, or chopped pork may be substituted. If one objects to pork in any form, use a full cup of butter and an extra cup of coarse crumbs.

TURKEY DRESSED WITH OYSTERS

For a 10-pound turkey take 4 cups bread crumbs, $\frac{1}{2}$ a cup of butter cut in bits, 1 teaspoon summer savory, pepper and salt. Mix thoroughly, rub the turkey well inside and out with salt and pepper, then fill with first a spoonful of crumbs, then oysters, using a pint of oysters; cook the giblets, chop fine and put in gravy. A fowl of this size will require 3 hours in a moderate oven.

BONED TURKEY

It requires some patience and skill to prepare a turkey and keep the bird entire after removing all the bones, but it is by no means an impossible task for an inexperienced person, and boned turkey is a very convenient dish to serve at evening parties or at any time when a cold collation is in order. Freezing makes the skin tear easily, so the first essential is a turkey which has not been frozen. Singe and prepare the bird for roasting, but do not draw it. Turn on its back and cut down the breastbone with a small, sharp-pointed boning knife, if you have it. Begin at the neck and run the knife between the



flesh and bones, being careful not to pierce the skin, press off the flesh with thumb and finger. Do not remove the small bone at the rump or the bone at the end of the wing. Work first on one side and finally turn the bird inside out by removing the leg bones, leaving the skeleton denuded. Lay the bird with the breast right side down, fill it with the veal or ham forcemeat of chicken, skewer it in shape and steam for 3 hours and roast for 1. When cold, garnish with aspic jelly.

TURKEY ESCALLOPED

2 eggs, beaten.
2 tablespoons milk.
Butter.

Salt.
Pepper.
Rolled cracker crumbs.

Butter a deep dish and line it with cracker crumbs. In the bottom put a layer of crumbs, seasoned with butter, pepper and salt, then a layer of cold turkey chopped fine. Continue in this way until the dish is full, adding the stuffing and gravy of the turkey. Beat 2 eggs and add to them 2 tablespoons of milk, butter, salt, pepper and rolled cracker crumbs. Spread this thickly over the top of the turkey and bake for $\frac{1}{2}$ an hour. Keep it covered the first 20 minutes, then remove the cover and brown.

CRANBERRY SAUCE

Pick over and wash 3 cups cranberries. Put in a stewpan, add $1\frac{1}{4}$ cups sugar and 1 cup boiling water. Cover and boil 10 minutes. Care must be taken that they do not boil over. Skim and cool.

CRANBERRY JELLY

Pick over and wash 4 cups cranberries, put in a stewpan with 2 cups boiling water and boil 20 minutes. Rub through a sieve, add 2 cups sugar and cook 5 minutes. Turn into mould or glasses to cool.

PIGEON PIE

Dress and wash clean, split down the back, and then proceed as for chicken pie.

STEWED PIGEON

Prepare pigeon in usual way and stew with 2 or 3 slices of salt pork; add 1 or 2 onions if desired; cook until tender. Thicken the gravy with browned *Purity Flour*, and pour over pigeon when serving.

FRIED SQUAB

Split and flatten, roll in *Purity Flour* and fry in lard to a nice brown. Season. Serve on hot platter or on toast.



Game



ROAST VENISON

Roast venison is best to be thoroughly larded, using $\frac{1}{2}$ a pound of pork to a leg or saddle weighing 8 to 10 pounds. Cut the flanks from a saddle and trim the haunch to good shape. Roast according to general directions, basting at the end of the first 5 minutes and every 15 minutes after. It is very nice to use claret instead of dripping in the pan. An hour and a quarter will cook it very rare; for most people an hour and three-quarters will be none too much. Make a good gravy from the drippings in the pan, adding stock made from the bits trimmed away before roasting. Currant jelly is usually served with it, but those who have once tried barberry or wild plum jelly will never be contented with anything else.

DEVEILED VENISON

Cut thick slices from rare-roasted venison, making slanting incisions, and fill them with mustard or salad oil. Brush the slices with melted butter and dredge them with *Purity Flour*. Broil over clear coals till well browned, and serve with butter.

VENISON STEAKS

Venison steaks are prepared and served with beefsteak, cutting them only about $\frac{3}{4}$ of an inch thick. Slices of cold rare venison are extremely nice when reheated in a brown or curry sauce.

ROAST WILD DUCK

Wild game may be roasted plain or with stuffing. The best authorities agree that it should not be stuffed. However, if stuffing is liked, use same as for chicken or turkey. If no stuffing is used, a whole onion placed in the body of the duck while cooking will improve the flavor, and should be removed before serving. If strong flavor is undesirable, soak duck in salt water for 24 hours before cooking.

To Roast.—Clean and truss and sprinkle with salt and pepper. Cover the breast with slices of salt pork. Place in dripping-pan and pour 1 cup water in pan. Put in a hot oven and cook $\frac{1}{2}$ an hour, basting every 5 minutes with the drippings from the pan. Remove the bacon and serve with currant jelly.

ROAST PARTRIDGE, GROUSE, PHEASANT, QUAIL, PRAIRIE CHICKEN, ETC.

Do not cut off head until game is ready to dress. Scald in boiling water so the feathers may be plucked easily without the skin being torn. Draw carefully, wiping out with a clean wet cloth. Part of the gamey taste may be removed, if desired, by soaking in salt and water before placing in oven. Strips of salt pork or bacon may be skewered separately, from side to side, across the breast. In baking, baste frequently.



PURITY FLOUR

More Bread and Better Bread

Thick slices of toast may be placed under each bird in the pan before taking them out, and so served. Coarse bread crumbs, fried brown in butter, may be sprinkled over the bird on platter before being brought to the table. Bread sauce or brown gravy may also be used, as well as 2 or 3 tablespoons of butter put into the well-dressed bird. When liver is used, cut up and roll same to a paste and mix with butter, salt, pepper, and spread on the toast.

RABBITS or hares are only fit for use when young. They should be drawn directly after being killed, and should not be skinned until ready for use.

BAKED RABBIT

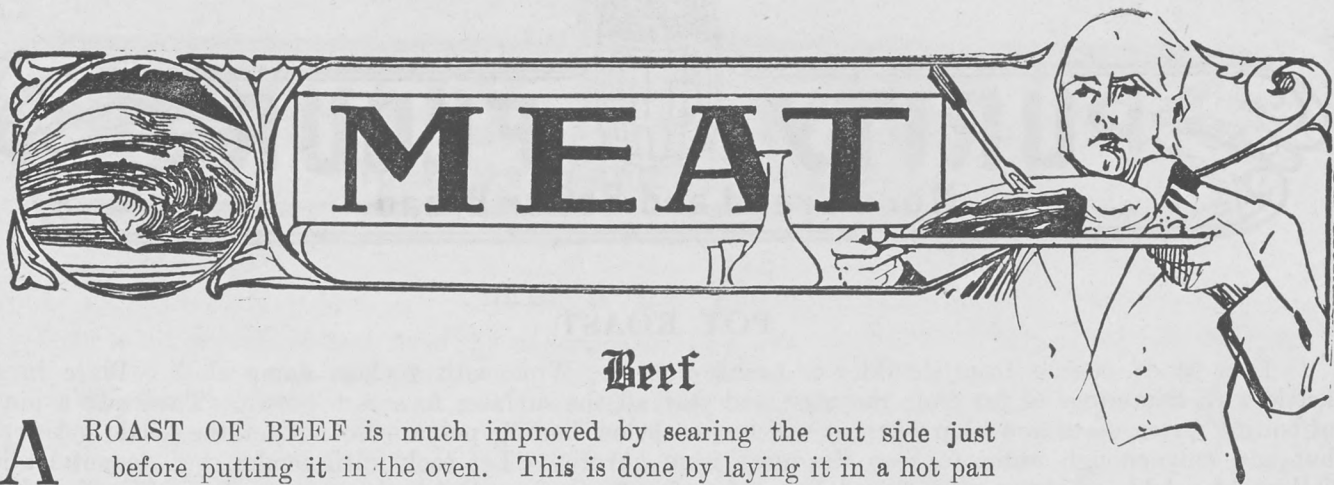
Cut rabbit up and place in pan of hot water. Simmer about 20 minutes. Remove from water, drain and sprinkle meat with salt and pepper. Dip in *Purity Flour*, egg and crumbs. Place in well-greased dripping-pan and bake 20 minutes in a hot oven. After the first 5 minutes baste with bacon dripping. Arrange on platter and pour over it thickened gravy made in the pan in which the rabbit was baked.

BROILED RABBIT

Skin and wipe the rabbit. Prepare for the broiler like chicken and cook over charcoal embers till done. Season with salt and pepper just before it is finished and pour over it melted butter mixed with 2 tablespoons vinegar and 1 of prepared mustard.



When in doubt about your dessert, bake a PURITY FLOUR Pie



Beef

A ROAST OF BEEF is much improved by searing the cut side just before putting it in the oven. This is done by laying it in a hot pan over a bright fire for 2 or 3 minutes. As soon as one side is brown, turn it over and brown the other side, and place it in a hot oven immediately. In roasting meat it is customary to allow 15 minutes to a pound of beef, but when it has been seared before it is placed in the oven, at least $\frac{1}{2}$ an hour can be deducted from the usual time allowed an ordinary roast of 8 pounds. The advantage of the searing process is not, however, so much in saving time in roasting as in searing the juices of the meat by the instant forming of crusts on the outside.

ROLLED ROAST

Remove ribs and roll the meat and tie in shape with cord. Place meat in roast tin in a very hot oven. Put water, to which salt has been added, around the meat. Baste frequently at first. When well browned, reduce the heat and bake 15 minutes to each pound of meat.

YORKSHIRE PUDDING

Before meat is done make the pudding. Pour some of the dripping from under the meat into another baking-pan, turn the pudding into it and bake 45 minutes.

3 eggs.
1 pint milk.

$\frac{3}{4}$ cup *Purity Flour*.
1 teaspoon salt.

Beat the eggs very light, add milk; add these gradually to the flour, stirring constantly; add salt, pepper if liked, and bake. Cut in squares and serve on platter around the roast.

HORSE-RADISH SAUCE, (FOR ROAST BEEF)

Grate 3 tablespoons of horse-radish fine, add to it a small teaspoon sugar, 1 of salt and 1 of vinegar. Let them soak an hour, and just before serving add 4 tablespoons cream which has been whipped until thick and foamy.



POT ROAST

Four to six pounds from shoulder or round of beef. Wipe with a clean damp cloth. Place in a kettle with trimmings of fat from the meat and sear all the surfaces to a rich brown. Then add a pint of boiling water, cover and keep where it will be just below boiling point. Do not let the kettle get dry, but add only enough water to keep the meat from burning. Let cook until tender, but do not let it fall apart. Add seasoning after first $\frac{1}{2}$ hour of cooking. Serve with brown gravy made in dish in which meat was cooked.

BEEFSTEAK

Take a smooth-bottomed frying-pan. Set it on the range or stove. When very hot place your steak or chop on the hot surface and turn it immediately. Continue to turn occasionally until it is cooked (about 10 minutes will cook it). Season both sides with salt and pepper and serve on a hot platter. Put very little water with the browning in the pan for gravy. Serve hot.

BEEFSTEAK AND ONIONS

Prepare the steak in the usual way; have ready in a frying-pan a dozen onions, cut in slices and fried brown in a little drippings or butter. Put your steak on platter and lay the onions thickly on top.

SWEDISH STEAK

Take a piece of round steak and lay out flat on a meat board. Sprinkle it well with flour and pound it in with the edge of a saucer. Continue to do this until no more flour can be taken up by steak. Sear the surface brown in a little fat. Then add 1 cup water and seasoning. Simmer until tender and serve on a platter with gravy poured over it.

BEEF STEW

2 pounds lean beef from round, or
2½ pounds if there is a bone.
1 quart water.
2 cups potatoes, cut in $\frac{1}{4}$ -in. slices.
Salt and pepper.

Turnips and carrots, $\frac{1}{4}$ cup each,
cut in $\frac{1}{2}$ -inch cubes.
 $\frac{1}{2}$ small onion, cut in thin slices.
3 tablespoons *Purity Flour*.

Wipe meat with wet cloth, separate meat, bone and fat. Try out some of the fat in frying-pan, cut meat into $1\frac{1}{2}$ -inch cubes, sprinkle with salt and pepper and dredge with *Purity Flour*. Sear the meat in the hot fat, stirring constantly. When all surfaces are well browned, put in the kettle with the water, cover and let boil up once, skim and then simmer for 2½ hours. Add carrot, turnip and onion the last hour of cooking. Parboil the potatoes and add to stew 15 minutes before taking from the fire. Remove bone, large pieces of fat, and skim. Thicken with 3 tablespoons *Purity Flour* blended with enough cold water to pour easily. Let the stew come to a boil again and cook 10 minutes.



BEEF A LA MODE

Four to six pounds of beef from the underside of the round, cut thick. Wipe and trim off the rough edges. Put in a deep dish and pour over it spiced vinegar made by boiling 5 minutes: 1 cup vinegar, 1 onion chopped fine, 3 teaspoons salt and $\frac{1}{2}$ teaspoon each whole mustard, pepper, cloves and allspice. Let the meat stand several hours, turning it often. Then lard it with several strips of salt pork, $\frac{1}{3}$ of an inch wide and as long as the meat is thick. Tie it into good shape with a narrow strip of cotton. Dredge it with *Purity Flour* and brown all over in hot drippings. Cut 2 onions, $\frac{1}{4}$ cup each of carrot and turnip, and fry them in the same fat. Lay the vegetables in a deep braising-pan (of earthenware or iron, or double roasting-pan, if possible), the meat on top with some bits of parsley and thyme, pour over the spiced vinegar, adding enough beef broth or water to half cover. Cover closely and simmer 4 hours. Season before the last hour, turning once meantime. Take up carefully, remove the strings and lay on a large platter. Remove fat from the gravy, add more seasoning if needed, thicken with browned flour and strain it over the meat.

MOCK DUCK

Take a piece of round steak cut thick. Split like a pouch and stuff with duck dressing; then put in pan, cover the steak with small pieces of bacon; cook 2 hours, basting often.

BEEF HEART

One heart, veal stuffing, 1 cup rich gravy. Soak heart for 3 hours in warm water. Remove the lobes and stuff the inside with veal forcemeat or other stuffing. Sew it securely in. Bake until tender, depending on size and age of heart, basting frequently. Place heart on a hot platter and make a brown gravy in pan. Pour it around the heart. Serve with currant jelly.

DRIED BEEF

Cut dried beef very thin; cover with water to take out the salt; throw this water away and put the beef into a saucepan with boiling water; let it simmer on the stove a few minutes, and add a little butter. Put the beef on slices of toast and pour thin tomato sauce over them.

BEEF OMELET

Chop 1 pound of raw beef very fine; roll 3 crackers to a dust and mix with them $\frac{1}{2}$ a teaspoon of baking powder. Add 2 well-beaten eggs and mix all together thoroughly with a seasoning of salt, pepper and powdered herbs. Put a lump of butter in a baking dish, let it melt and then put it in the mixture; let it bake $\frac{1}{2}$ hour. Turn out on a very hot platter, fold over as you would an omelet, and pour any kind of a meat sauce around it.



BEEF LOAF

Three pounds lean beef, $\frac{1}{2}$ pound salt pork ground fine, 2 eggs, 1 cup bread crumbs, 1 tablespoon sweet cream, 1 teaspoon summer savory, 2 teaspoons salt, $\frac{1}{2}$ teaspoon pepper. Mix all together well. Mould in an oblong pan and turn out in roast tin. Bake $1\frac{1}{2}$ hours and baste occasionally.

TRIPE

Wash it thoroughly, simmer for 5 or 6 hours (in salted water), or until quite tender. It will keep for days, and is now ready to be prepared in different ways. Dry carefully on a cloth before broiling or frying.

FRIED TRIPE

Cut in pieces for serving, roll them in seasoned *Purity Flour*, then in egg, and last in very fine bread crumbs. Fry a golden brown in deep fat. Drain on paper and serve garnished with small bits of parsley.

TRIPE IN BATTER

Cut in pieces for serving, roll in seasoned *Purity Flour*, dip in batter and fry in hot butter. Drain on brown paper.

BATTER

1 cup *Purity Flour*.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{2}$ cup cold water.

1 egg.
 $\frac{1}{2}$ tablespoon vinegar.
1 teaspoon melted butter.

Mix flour and salt, add the water gradually. When perfectly smooth add the beaten egg, vinegar and butter.

JELLIED TONGUE

Boil, trim and skin either a fresh or salt tongue. Press while warm into a mould, cool under a weight. Have $1\frac{1}{4}$ quarts of aspic jelly in the liquid state. Cover the bottom of a large mould about an inch deep with it and let it harden. With a fancy vegetable cutter cut out leaves from cooked beets and garnish the bottom of the mould with them. Gently pour in 3 tablespoons of jelly to set the vegetables. When this is hard add jelly enough to cover the vegetables and let the whole get very hard. Then put in the tongue and about $\frac{1}{2}$ cup of jelly, which should be allowed to harden and so keep the meat in place when the remainder is added. Pour in the remainder of the jelly and set away to harden. To serve: Dip the mould for a few minutes in a pan of warm water or fold a towel wrung out of hot water around it and then gently turn on to a dish. Garnish with pickles and parsley. Pickled beet is especially nice.

Note.—If it is too much trouble to mould in jelly, tongue may be moulded by curling it around in a small bowl, making it as compact as possible.



ASPIC JELLY

Put a veal shank, or if small, 2 veal shanks, in a pot and cover with cold water. Let stand in a cool place for an hour or so to draw out the juices. Then put on the back of the stove and heat slowly, and simmer till meat falls from the bone. Strain and put the liquor away to cool. When it is cold, remove all the grease from the top, being sure that not a particle remains, and put on the stove with a few slices of carrot, onion and celery, about 2 tablespoons of each, cut in cubes, also a couple of cloves and a few whole peppercorns. (These, summer savory, and a little lemon juice, may be added according to taste.) To 1 quart of stock allow 1 ounce of gelatine that has been well soaked in cold water; white of 1 egg, also shell. Put all on together and let boil up once, and set at the back of range to settle for 3 or 4 minutes, then strain through a flannel bag or strainer cloth over a sieve. This can be made from a brown stock, that is, using beef instead of veal. This is used for moulding meats or decorating meat dishes.

PICKLE FOR MEATS

Eight pounds of salt, 4 ounces of saltpetre, 2 to 4 pounds brown sugar, 4 gallons water. Boil for 20 minutes. Pour over the meat when cold.

SPICED BEEF

- | | |
|----------------------------|------------------------|
| 5 pounds beef. | 3 ounces saltpetre. |
| 1½ ounces cloves (ground). | ¾ ounce allspice. |
| 1 ounce nutmeg. | 1 handful common salt. |

Rub 2 handfuls of very coarse salt into beef and let stand over-night, then rub in spices, and turn every day for 21 days. Bandage well with a yard of factory cotton, torn in strips 6 inches wide. Before putting the cotton on, put 2 pounds of beef fat over the top of beef, then make a thick paste of flour and water and cover all over. Put some in the bottom of the pan, then add 2 cups water. Cook 5 hours in a slow oven.

Veal

ROAST VEAL

Trim and wipe meat, sprinkle with salt and pepper; rub with butter and sprinkle well with *Purity Flour*. Place it in hot roasting pan in a very hot oven. Turn until all surfaces are seared. Then pour 1 cup hot water in pan and reduce heat of oven. Cook about 2 hours, basting occasionally. If a bone has been removed fill cavity with stuffing.

STUFFING

- | | |
|--------------------------------------|---------------------------------|
| 2 cups fine cracker or bread crumbs. | ½ teaspoon onion juice. |
| 1 teaspoon salt. | 1 egg. |
| 1 tablespoon thyme or summer savory. | 2 tablespoons butter, melted in |
| ½ teaspoon pepper. | 1 cup hot water. |



VEAL STEW

Follow recipe for Beef Stew.

VEAL CUTLETS

Take 1 egg and beat it a little, roll the cutlets in it, then cover with rolled cracker crumbs, seasoned with salt and pepper. Have a lump of butter and lard mixed hot in the skillet, put in the meat and brown nicely on both sides. Cover and cook slowly for 30 minutes. Stir 2 tablespoons of *Purity Flour* for gravy into the fat in the pan, and $\frac{1}{2}$ pint of sweet milk, and let it come to a boil. Season to taste and pour over the meat, or serve separately, as preferred.

VEAL LOAF

- | | |
|------------------------------------|---------------------------------------|
| 3 pounds lean veal. | $\frac{1}{2}$ tablespoon lemon juice. |
| $\frac{1}{2}$ pound fat salt pork. | 1 tablespoon salt. |
| 1 egg, 4 rolled crackers. | 1 teaspoon pepper. |
| 4 tablespoons cream. | Few drops onion juice. |

Wipe veal, remove skin and membranes and chop fine with the salt pork. Mix all ingredients together, pack into a bread pan, brush with white of egg and bake slowly for $2\frac{1}{2}$ hours, basting with melted butter. Remove from pan and cut in thin slices for serving.

VEAL CAKE

A few slices of cold roast veal, a few slices of cold ham, 2 hard-boiled eggs, 2 tablespoons minced parsley, a little sweet pepper, good gravy. Cut off all the brown outside from the veal and cut the eggs into slices. Procure a pretty mould, lay veal, ham, eggs and parsley in layers with a little pepper between each, and when all is in the mould, fill with strong stock or aspic jelly. Bake for $\frac{1}{2}$ hour and when cold turn it out.

SWEETBREADS

Soak the sweetbreads in cold salted water for $\frac{1}{2}$ hour, simmer them for 20 minutes. Drain and cover with cold water for a minute or two. Remove any membranes, slice lengthwise, sprinkle with salt and pepper, place slices on hot broiler over quick fire and broil 5 minutes, turning once; remove to hot platter, spread with butter and serve with peas and toast. After parboiling and blanching, sweetbreads may be served in many ways: in cream sauce, dipped in egg and then in crumbs and fried in hot fat; in salads.



SWEETBREAD SAUTÉ

Procure 2 large sweetbreads, prepare them and blanch them; season with salt, dust lightly with *Purity Flour*, dip in beaten egg and cover with fine sifted bread crumbs. Melt $1\frac{1}{2}$ ounces butter in low saucepan, just large enough to receive them. As soon as the butter is melted, put in the sweetbreads, cover and cook slowly 30 minutes, turning them carefully once during that time. When ready to serve, lay 2 pieces of buttered toast on a warm dish, place the sweetbreads over them and garnish with watercress.

SWEETBREADS IN CASES

2 pairs sweetbreads.
1 can mushrooms.
1 cup cream.
 $\frac{1}{2}$ cup milk.

1 tablespoon butter.
 $\frac{1}{2}$ tablespoon *Purity Flour*.
 $\frac{1}{2}$ teaspoon salt.
Few grains cayenne.

Parboil sweetbreads and remove membranes. Separate sweetbreads into small pieces. Trim mushrooms and cut each into 4 pieces. Melt butter, add flour and seasoning, cook together, add scalded milk and cream slowly, cook together until smooth. To this add the sweetbreads and mushrooms and cook for 5 minutes. Serve in patty shells or timbales.

Mutton and Lamb

ROAST LAMB

Remove caul, wipe meat carefully, sprinkle with salt and pepper, place in a hot roasting pan, dredge the meat and pan with *Purity Flour*. Place in a hot oven. As soon as flour in pan browns, baste with water and drippings. Roast in a hot oven about $1\frac{3}{4}$ hours, basting occasionally. The bone may be removed and the meat stuffed before roasting, if desired.

Make gravy in pan in which meat was cooked.

MINT SAUCE

4 tablespoons green mint leaves, finely minced.
1 tablespoon sugar.

$\frac{1}{2}$ cup vinegar.
 $\frac{1}{2}$ teaspoon salt.

For lamb only mint sauce is proper.

CURRY (ANY WHITE MEATS)

(See Chicken Curry.)



LAMB STEW

Follow instructions for Beef Stew, substituting lamb for beef.

LAMB CHOPS

Grate plenty of stale bread, season with salt and pepper, have ready some well-beaten eggs, have a pan with hot lard ready. Take the chops one by one, dip into the egg, then into the bread crumbs, repeat it, as it will be found an improvement. Brown them on both sides in hot lard or dripping. Continue to cook slowly until tender. To be eaten with currant jelly or grape catsup. *Purity Cornmeal* or *Purity Oatmeal* may be used instead of bread crumbs.

IRISH STEW

Cut the lamb in dice, using the meat from forequarter. Cover with boiling water and cook slowly until tender. When about half cooked, add $\frac{1}{2}$ cup each of carrot and turnip cut in small pieces and 1 onion sliced. Fifteen minutes before serving add potatoes cut fine. Thicken with *Purity Flour*. Season with salt and pepper and chopped celery.

BOILED LEG OF MUTTON

Wipe meat, place in kettle with boiling water, boil 5 minutes and skim. Reduce heat and let simmer until meat is tender. When half done add 1 tablespoon salt. Serve with caper sauce.

MUTTON STEW

(See Beef Stew.)

SPICED MUTTON

A fat, good-sized leg of mutton should be selected for this purpose at least a month before it is to be cooked. Trim the leg, rub it with vinegar and spices, using a tablespoon of cinnamon, a tablespoon of vinegar and a teaspoon of cloves. Rub the meat till it is smooth. Rub in a tablespoon of salt and dust with *Purity Flour*. Hang the mutton in a place where the temperature is equable and as cold as it possibly can be and remain above freezing point. A cold cellar is usually the best place. Rub the meat once a week till you are ready to use it, then rinse it off and lay it on a rack in a dripping pan and thoroughly season it with salt and pepper and dredge with *Purity Flour*. Put it in a hot oven and roast it slowly till it is cooked, but rare enough for the red juice of the meat to follow the knife when it is cooked. A good-sized leg of mutton will require $1\frac{1}{2}$ hours to 2 hours to cook. After it has been in the oven for 10 minutes and the flour scattered in the pan when the meat was dredged begins to brown, pour a pint



of boiling water in the pan and in 5 minutes baste the meat with this water, seasoning it with a little salt and pepper, and dredge it lightly with *Purity Flour*. Repeat this basting every 15 minutes until the meat is cooked. Take up the meat and serve it with a brown gravy made of the drippings in the pan, to which boiling water is added and *Purity Flour* for thickening and seasoning. Just before taking up the gravy add 3 large tablespoons of red currant jelly broken up in bits, and serve it at once in a gravy boat with the mutton.

BRAISED LEG OF MUTTON

Remove bone, trim and wipe with a damp cloth. Stuff and sew up. Melt about 2 tablespoons butter in pan and add $\frac{1}{2}$ onion, 1 slice carrot and 1 of turnip, all cut fine. Stir and then put in meat with a dredging of *Purity Flour*. Cover and cook slowly for 15 minutes. Add 1 quart boiling water or stock, and $1\frac{1}{2}$ teaspoons salt and 12 peppercorns. Cover closely and bake 3 hours, leaving uncovered for the last $\frac{1}{2}$ hour. Place meat on a hot platter and remove strings. Skim off some of the fat from liquor in pan, and when liquor is reduced to 2 cups strain and thicken with 3 tablespoons butter and 4 tablespoons *Purity Flour*, cooked together until well browned.

STUFFING

2 cups bread crumbs.
 $\frac{1}{4}$ cup melted butter.
 2 tablespoons boiling water.

$\frac{1}{4}$ teaspoon salt.
 Pepper and thyme.

This is one of the nicest ways of cooking mutton.

Pork

ROAST PORK

Trim and wipe the meat. If used with the skin on, score it in inch squares, taking care to cut only through skin. Make a cut just below the knuckle with a boning knife. Slide the knife up along the bone and turn it outward, making a $\frac{1}{2}$ dozen cuts $\frac{2}{3}$ of the way to the skin, and fill them with stuffing. Sprinkle with salt and pepper, place on rack in roasting pan, dredge with *Purity Flour*. Half an hour before serving sprinkle with 1 tablespoon cracker crumbs seasoned with pepper, salt and sage. Serve with apple sauce.

STUFFING

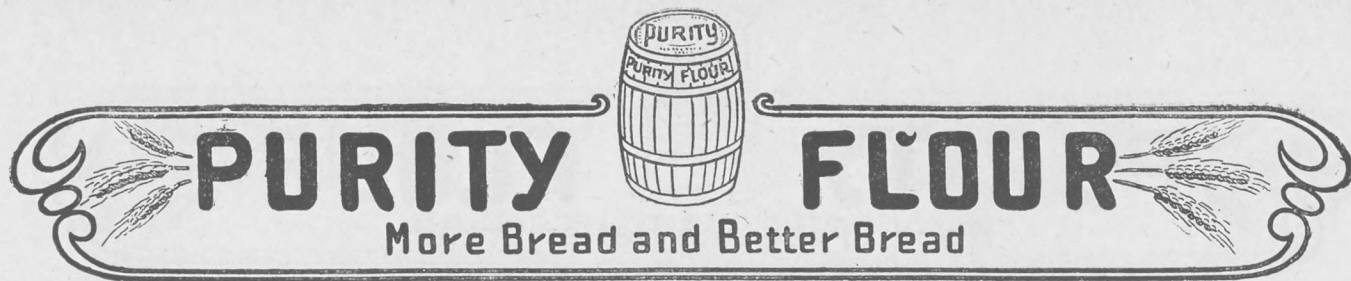
1 cup grated bread crumbs.
 1 sour apple.
 1 small onion.
 6 sage leaves.

2 tablespoons butter.
 1 teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.
 2 egg yolks.

Chop apple and onion. Melt the butter, add the crumbs, rubbing them hard to distribute the butter evenly. Add the seasoning, apple and onion, and 2 beaten egg yolks.

APPLE SAUCE

Wipe, quarter and core 12 tart cooking apples; steam till tender and sprinkle with 4 tablespoons sugar and a little salt. Do not make it too sweet; if the apples are not very sour, add the juice of a $\frac{1}{2}$ lemon.



PORK CHOPS OR STEAKS

Lay chops or steaks on a hot frying-pan and fry slowly to a rich brown on one side and then on the other. Serve at once. Some like a thickened gravy made in pan in which meat was fried, and poured over chop. If using this, first remove most of the fat which fried out of pork.

BAKED PORK TENDERLOIN

$\frac{1}{2}$ pound fat pork.
4 large pork tenderloins.
1 cup cracker crumbs.
1 cup boiling water.

2 tablespoons butter.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.
1 teaspoon poultry seasoning.

Wipe the tenderloins clean with a damp cloth. With a sharp knife make deep pocket lengthwise in each tenderloin, laying the tenderloin flat on the table and making the incisions along the sides. Cut your pork into long, thin strips and with a larding needle lard each tenderloin. Melt the butter in the water, add the seasoning and the cracker crumbs, combining all thoroughly. Now fill each pocket in the tenderloins with the stuffing, sew the pockets closely with a coarse thread and needle. Place the tenderloins in a baking pan and bake in a brisk oven 45 minutes, basting constantly.

ROAST SPARERIBS

Choose a long piece of spareribs. Wipe carefully, sprinkle with a little salt and pepper. Place a small piece of sparerib on the bottom of baking pan, form a roll around it, using a large piece of spareribs. Fill the cavity in centre with any dressing desired. Bake in a rather hot oven for about $1\frac{1}{2}$ hours.

BOILED HAM

Soak a ham weighing about 7 pounds in cold water over-night. In the morning take it out, wipe it and put it over the fire in a saucepan; cover it with fresh cold water. Let it boil slowly for about 5 minutes. Then simmer for 3 hours. Remove the skin and sprinkle it with a little brown sugar, make a few incisions on the surface and cover it lightly with fine bread crumbs, sprinkling a little white pepper over it. Set it in a hot oven and bake till well browned. It may be served at once, but it is considered by many to be in prime condition when it is sliced in delicate slices after it is thoroughly cold. If not to be served hot, leave the ham in the water in which it has been boiled till cold.



POTTED HAM

Use for this the harder portions and the pieces that do not make presentable slices. Allow $\frac{1}{3}$ fat to $\frac{2}{3}$ lean. Mince fine enough to make a smooth paste. Season with salt and cayenne pepper. Heat thoroughly and pack firmly in small pots.

HAM BALLS

Chop fine pieces of cold ham, add 2 eggs beaten, $\frac{1}{2}$ cup bread crumbs, pepper and salt; make into balls and fry or bake until a nice brown.

PORK PIE

Make a pie-crust, not very rich, and put around the sides of a deep pie-dish. In the bottom and above put layers of thin sliced bacon, thin sliced potatoes, onions chopped or sliced very fine, lean fresh pork cut into small pieces. Season with pepper, salt and sage. Fill the dish with any good gravy left from roasts, or with water thickened for the purpose, with some butter added. Cover with crust and bake about $1\frac{1}{2}$ hours. Cover the pie with thick brown paper if it gets too brown.

LIVER AND BACON

Heat a frying-pan, lay the slices of bacon of wafer-like thickness in pan. If the pan is very hot they will curl up into rolls, and by turning with a fork will be brown in a few minutes. In the bacon fat, saute the liver cut in slices, make a gravy, season it with celery. Arrange bacon around the liver, pour gravy over liver. Garnish with parsley or lemon rind.

BACON AND APPLES

Core and peel the apples and cut into $\frac{1}{2}$ -inch slices. Cut the bacon into very thin slices, fry the bacon in a hot pan until crisp and put it on a hot dish. Fry the apple in the bacon fat until a light brown and arrange around the bacon. Serve very hot.

SAUSAGE WITH BUCKWHEAT CAKES

Prick the sausage well and fry in a little bacon fat. Put them on a hot platter in a circle on the outside, leaving space for the cakes in the centre.

BUCKWHEAT CAKES

Mix thoroughly 2 cups of buckwheat flour, 1 of *Purity Flour*, a little salt and 3 teaspoons of baking powder; then add milk and water of equal parts to make the batter of the right consistency. Add a little molasses, which will give them a better color. Fry on a soapstone or griddle and pile neatly in the centre of the ring of sausage.

(See Buckwheat Cakes—Pancakes. When made with yeast the flavor is much better and they are more digestible.)

PURITY FLOUR

More Bread and Better Bread

BACON WITH HASHED BROWN POTATOES

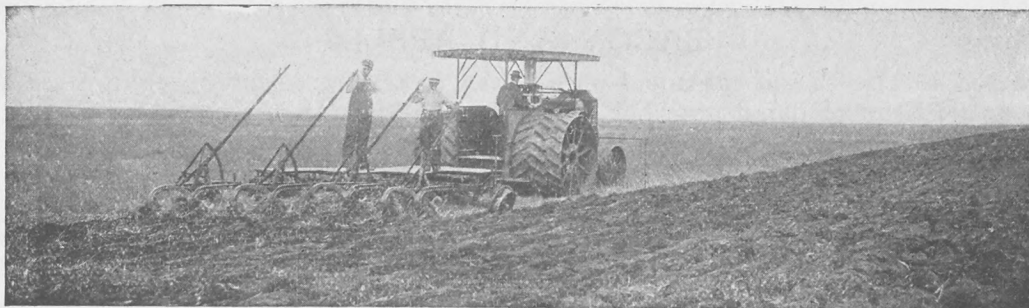
Slice the bacon very thin and lay on the ice for $\frac{1}{2}$ an hour to make it crisp. Chop fine 1 pint of cold boiled potatoes, season with a little salt and pepper. Into a frying-pan put 2 tablespoons of good bacon dripping; when it is hot add the potatoes. Turn them until they begin to brown. Have a border mould buttered and heated hot; pack the potatoes tightly into it and put into the oven for 10 or 15 minutes. Broil the bacon quickly and when the potatoes are done turn out on a platter and put bacon in the centre.

BACON AND APPLE TOAST

Stew peeled and quartered apples in 1 tablespoon of butter, 2 of water and 1 of sugar. Cook this until tender. Fry slices of bread in hot butter until golden brown. Pile the apples neatly on these and serve hot with a garnish of broiled bacon.

MUSTARD SAUCE

Chop 3 or 4 shallot onions very fine, moisten with 3 tablespoons of vinegar and a little white wine. Let the whole boil down to a tablespoon of liquid. Then add 1 gill of brown sauce previously prepared, or if more convenient take some brown gravy and thicken it with a little *Purity Flour* blended with a small piece of butter; when boiling, add a teaspoon of French mustard, salt and pepper; stir well and serve. This sauce is mostly served with fried or broiled pork chops and tongues.



WHEAT FARMING IN WESTERN CANADA

*If it pleases you to have your guests ask for more,
use PURITY FLOUR in all your baking*



Left-Over Meat Dishes



HAM CANAPES

$\frac{1}{2}$ cup minced ham.
2 tablespoons butter.

1 tablespoon chopped parsley.

Mix the ham, butter and seasonings to a smooth paste, cut the bread into circles, fry brown and spread with the ham mixture.

RISSOLES

A rissole is a delicate preparation of meat that is almost as easily made as a fritter. Take the trimmings of pastry left from the pie. Roll these out in a thin sheet, considerably less than a $\frac{1}{4}$ of an inch thick. Cut into circles with a cake cutter, about 3 inches in diameter. Put a tablespoon of minced meat, fowl or fish, seasoned and prepared in the same way as for croquettes. Fold $\frac{1}{2}$ of the circles over the other, pinching the edges together so as to completely enclose the mince, brush all parts of the rissole with the yolk of an egg. This should be done as carefully as if for croquettes. Fry the rissole in boiling hot fat for about 6 or 8 minutes. Risssoles may be baked. Serve at once.

MEAT PIE

Cold turkey, chicken or any cold meat; chop fine, season with salt, pepper and gravy. Lay pie crust around the edge of platter, add meat and gravy and cover with pastry. Bake a nice brown in the oven. Very little meat will do.

MEAT CAKES

Chop cold meat fine, season it well with pepper, celery salt, and make into a paste with the yolks of eggs; form in cakes and fry brown in hot fat.

HAM HASH

Take equal parts of cold boiled potatoes, fine chopped cold ham and fine bread crumbs. Mix well and fry for about 10 minutes. Garnish with slices of hard-boiled egg.



HASH

The best meat for a hash is from a stew or the sides of a la mode beef; corned beef is excellent, and any scraps of cold meat can be used if care be taken to remove all superfluous fats and skin and gristle. Mince evenly but not too fine, allowing half fat to lean. Add an equal bulk of chopped freshly cooked potatoes, mix well together and season with salt and pepper; moisten with cream, gravy or rich broth and a tablespoon of butter or good beef drippings to a frying-pan, and when smoking hot add the hash even over the top. Cook over a moderate heat for 20 minutes without stirring so that a brown crust may form over the bottom. Fold over and turn out like an omelet on a hot platter. This dish may be baked in the oven instead of over the fire. Grated onion, catsup, Worcester sauce, etc., may vary the flavoring.

POTTED MEAT, BEEF, VEAL, CHICKEN OR VENISON

Cold meat, butter, pepper, ground mace, salt, ground cloves. Cut the meat into small pieces and put it through a sausage machine. Then add butter to moisten pepper, a little ground mace, salt and ground cloves according to taste. Knead to thoroughly mix the ingredients; then pack lightly into moulds.

CROQUETTES

Any croquette may be varied by making them of different kinds of meat or of half rice and meat. A mixture of one-fourth as much mushrooms as meat makes good croquettes. Whatever the mince is, season it with salt and pepper and prepare the sauce. To a pint of the mince take a strong cup of veal or chicken stock—strong enough to be a firm jelly when cold. Melt a teaspoon of butter in a saucepan, add a scant tablespoon of *Purity Flour* and gradually stir in the chicken stock. Season with a little nutmeg if you wish and let it boil 10 minutes, stirring it constantly. Add $\frac{1}{2}$ a bay leaf, a sprig of parsley and a sprig of celery. Then set it on the back of the stove to cook very slowly for $\frac{3}{4}$ of an hour. This sauce will keep for a week in the ice-box, so that it is well enough to make 3 times this amount if you wish to make croquettes often. Add the beaten yolks of 2 eggs to the amount of sauce given and a pint of minced meat. Stir the meat over the fire in the sauce for 1 minute. Pour it on a platter to become cold. It may be left over-night. The minced substance will then have the appearance of being enveloped in a firm jelly and can be easily handled. If you wish to fry the croquettes in cutlet form it will be necessary to have a cutlet mould to shape them. Egg and crumb the croquettes. Fry in deep fat. A bit of lobster claw is then stuck in the tip of each cutlet, to resemble the bone, when it is fried.

COLLOPS

Veal collops are prepared from a cold roast fillet or any cold meat. Cut these collops in neat slices $\frac{1}{2}$ an inch thick and about 2 inches wide. Flatten them with the potato masher, after freeing them from gristle and fat, and toss them in a frying-pan in a little hot butter till brown on both sides. Stir in a



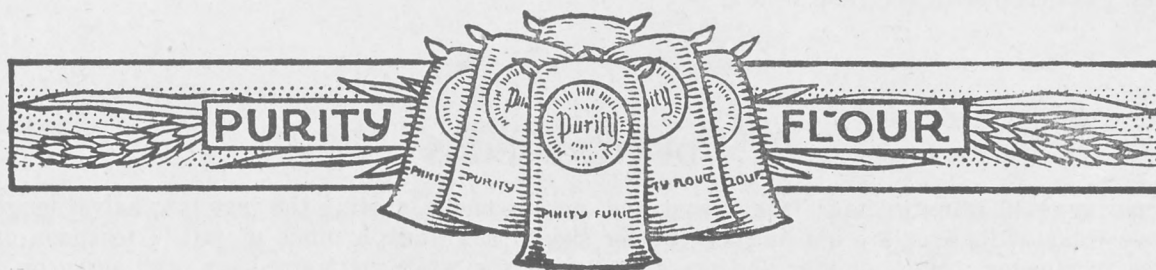
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teaspoon of *Purity Flour* in the butter in the saucepan after taking up the collops. Add a cup and a half of brown gravy and a little minced parsley or onion, or any other flavoring if you wish. Let the gravy boil up for 5 minutes and pour the sauce over the fried collops, buttering each one slightly before doing so. Serve them at once, very hot.

SHEPHERD'S PIE

A nice way to use up cold meats. Slice the meats and season with salt and pepper and add a minced onion to it. Add any gravy or meat stock, then the mince, and let it boil for a few minutes. Put into a deep pudding dish, have some mashed potatoes beaten very light, lay them on the top of the mince until the dish is full, smooth the top or leave it rough, and bake a nice brown. Those who like onions may spread them over the meat before putting the mashed potatoes on the top. The onions should be partly cooked. This is very nice made of the neck of mutton cut into pieces.



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Eggs



POACHED EGGS

For this the eggs should be new-laid and cold. Pour 1 quart of water, 1 teaspoon salt and 1 teaspoon vinegar in a shallow pan, arrange in it as many muffin rings as there are eggs to be cooked, and set the pan where the water will bubble at one side only. Break the eggs 1 at a time and slide them into the rings. If the water does not cover them, gently pour on a little more boiling water till it does. Cook till the whites are set over the yolks, then pour off most of the water and with a cake-turner lift each egg and lay on a buttered slice of toast, removing the ring after it is in place. Poached eggs may be done in milk, stock, gravy or tomato juice, which can be poured over the toast on which they are served. They may be used with various arrangements of hashed meat or cold fish reheated in white sauce. They are a favorite accompaniment to ham and bacon.

SAVORY EGGS

Simmer some eggs hard, take off their shells and cut them in half, cut off a little piece of each end of the halves to make them stand upright. Take out the yolks, pound them and mix them with a little finely minced hot chicken and ham, fill the white again with the mixture and pour round, but not over, the eggs, a rich gravy. If liked, these may be served cold, surrounded by finely cut endive and small lettuce leaves, garnished with beetroot.

DEVEILED EGGS

Simmer eggs 30 minutes, take from water and remove shells, cutting the eggs into halves lengthwise, and remove yolks while eggs are hot and add butter size of a walnut, a pinch of salt, $\frac{1}{2}$ teaspoon of mustard mixed in vinegar. Mix together and press back into the white part smoothly, and serve on lettuce leaves. These are nice for a picnic lunch.

SCALLOPED EGGS

Make a mincemeat of chopped ham, fine bread crumbs, pepper, salt and some melted butter. Moisten with milk to a soft paste. Half fill patty-pans with the mixture, break an egg carefully upon the top of each, dust with pepper and salt, sprinkle finely-powdered, buttered crumbs over all. Set in the oven and bake 8 minutes.



PLAIN OMELET

Beat the whites of 5 eggs to a stiff froth. Beat the yolks light and add a spoonful of the beaten whites to make them frothy, add $\frac{1}{2}$ teaspoon of salt and a little pepper, and fold the yolks into the beaten whites. Put a tablespoon of butter in a frying-pan, and when quite hot turn in the eggs. Cook about a minute on the stove and then for about 5 minutes in the oven. Take the pan out and slip a knife under the omelet to loosen it, and fold over and send to the table at once. A little chopped parsley may be used in this.

SPANISH OMELET

6 eggs.
 $\frac{1}{2}$ teaspoon salt.
 $\frac{1}{8}$ teaspoon pepper.
4 ounces bacon.

5 mushrooms, chopped fine.
1 small onion, chopped fine.
1 tomato chopped fine.

Cut the bacon in thin slices and then into $\frac{1}{2}$ -inch squares. Fry gently until crisp and add the chopped vegetables. Cook for 15 minutes. Rub into a bowl, add seasonings, give them a dozen strong strokes and turn into a frying-pan in which a teaspoon of bacon dripping or butter has been melted. Bake as usual until nearly set. Spread the bacon and vegetables quickly over, fold, set it in the oven for 1 minute, turn it upon a hot platter and serve with tomato sauce.

SCRAMBLED EGGS

Beat the eggs lightly with a fork, just enough to break the yolks. To 4 eggs add 2 tablespoons of milk, 1 saltspoon of salt, a dash of pepper. Put into a frying-pan $\frac{1}{2}$ teaspoon of butter. When it begins to bubble, turn in the eggs, stir gently over a slow fire until they begin to set, then remove from the fire and stir till they are of the right consistency.

BREAD OMELET

Let 1 teacup of milk come to a boil, pour it over 1 teacup of bread crumbs and let soak a few minutes. Break 6 eggs into a bowl, stir (not beat) till well mixed, then add the milk and bread, season with pepper and salt, mix all together and turn into a hot frying-pan containing a large spoon of butter boiling hot. Cook the omelet slowly, and when brown on the bottom set in the oven under top heat to set the top. Fold and serve.



CHEESE OMELET

Beat well 3 eggs and mix with a little milk, salt and pepper. Set on the stove in a well-buttered spider until the edges begin to spread, then sprinkle a little grated cheese over the top and put in the oven until set and the cheese melted. Serve.

EGG TOASTETTE

Take a slice of toast, well browned, place on a granite pie tin and pour sufficient hot milk over it to soften it. Take 1 or 2 eggs and separate the yolks and whites, beat the whites stiffly and pile over the toast and put the yolk in the centre. Sprinkle salt and pepper, put in a moderate oven to set and delicately brown. Serve immediately. Garnish with small sprigs of parsley.

RICE OMELET

To 1 cup of cold boiled rice add 1 cup of milk, 3 well-beaten eggs, salt, pepper and a teaspoon of butter. Pour into a hot, well-greased omelet pan. Cook until set and a light brown on the bottom. Garnish with parsley.

SCRAMBLED EGGS WITH ASPARAGUS

Boil the asparagus in salted water for 10 minutes, using the tender tops—canned may be used. Have a platter heated hot and put slices of buttered toast down the centre; on this put the boiled asparagus in a neat row. Scramble 6 or 8 eggs and make a border of them around the asparagus.

NUN'S TOAST

Put butter the size of an egg into a saucepan, and when it begins to bubble add 1 finely chopped onion and let it cook a little without browning, then stir in 1 teaspoon of *Purity Flour*, add a cup of milk and stir until smooth. To this add 4 sliced hard-boiled eggs and let them get hot. Pour this over buttered toast.

GREEN CORN OMELET

Grate 6 ears of corn, add 4 well-beaten eggs, 1 tablespoon of *Purity Flour*, 1 cup of milk. Season with salt and pepper. Beat all together and bake slowly for $\frac{1}{2}$ an hour.



Vegetables



GREEN vegetables should be cooked as soon after picking as possible; otherwise they should be spread on floor of a dry and well-ventilated cellar or placed in the ice-box. Lettuce and garnishings, such as parsley, mint, cress, etc., should be picked over and washed, and while wet roll in a damp cloth and place in a pail with a close-fitting cover and keep in a cold place. Wilted vegetables may be freshened by placing in cold water. Winter vegetables, towards the last of the season, should always be soaked in cold water 1 hour or more before using. Canned vegetables should be opened and emptied from the can at least an hour before using. Canned peas, beans, asparagus, etc., should be drained of their liquor and refreshed by allowing cold water to run over them. Wash vegetables in cold water and cook them in boiling water. Allow 1 teaspoon of salt to 1 quart of water. In cooking peas and beans the salt should not be added until the very last of the cooking. Green vegetables retain their color better if cooked uncovered.

POTATOES

To boil: Wash and scrape new potatoes, but do not peel. Cook in boiling salt water, enough to cover 2 inches; cook from 20 to 30 minutes. When done, drain, return to the fire and shake for a few minutes to thoroughly dry. Serve in folded napkin.

Winter potatoes should be pared and soaked in cold water before boiling. Cook in boiling salted water, following the directions for new potatoes.

BAKED POTATOES

Wash potatoes of uniform size; cut thin slice from each end and bake them for 40 to 45 minutes.

MASHED POTATOES

6 medium-sized potatoes.
3 tablespoons butter.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{2}$ teaspoon pepper.
 $\frac{1}{2}$ cup hot milk.

Boil the potatoes, drain, dry a few minutes, mash until smooth; add butter, seasonings and milk. Beat until very light. Serve in hot dish. The potatoes may be passed through a sieve instead of mashing, and then beaten light with seasonings and hot milk.

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STUFFED POTATOES

6 medium-sized potatoes.
3 tablespoons butter.
 $\frac{1}{2}$ teaspoon salt.

$\frac{1}{8}$ teaspoon pepper.
 $\frac{1}{4}$ cup hot milk.

Wash the potatoes, but do not cut. Bake from 40 to 45 minutes. When done, lay the potatoes on the sides, with a sharp knife cut a thin slice from each; scrape out the potato, pass through a ricer or mash, add other ingredients and beat until very light. Pack lightly into the potato shells, brush with a little white of egg and brown in a quick oven. Serve each with a tiny sprig of parsley on top.

SCALLOPED POTATOES

1 quart sliced raw potatoes.
2 cups scalded milk.
4 tablespoons butter.

3 tablespoons *Purity Flour*.
1 teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.

Cover the bottom of a buttered baking dish with a layer of sliced potatoes. Sprinkle with salt and pepper, dot with pieces of butter and dredge with *Purity Flour*. Repeat until the materials are used. Pour over all the scalded milk and bake in a moderate oven from 45 to 50 minutes.

POTATO (FRENCH FRIED)

Pare the potatoes and throw into cold water for at least an hour. Cut in slices, blocks, strips, balls, or any fancy shape, and dry them on a towel. Drop quickly into fat hot enough to brown them by the time they come to the surface. They are done when they float. Drain on soft paper, sprinkle with salt, and serve hot.

SWEET POTATOES

Are prepared and cooked as white potatoes, and may be served boiled with skins on or off, mashed, baked, or fried. They are very nice boiled 10 minutes and then baked about 20 minutes.

DANDELIONS

Gather only the freshly-grown plants; best when the dew is on them. The tenderest leaves make an excellent salad with bacon dressing. The whole plant, after thorough washing, may be boiled until tender, drained, chopped fine, seasoned with salt, vinegar and a liberal measure of butter. Those who think it too bitter may use half spinach or beet leaves or sorrel, in which case the dandelion should be partly cooked before the more succulent plant is added. It cannot be too well recommended.



SQUASH

Pare, quarter, take out the seeds. Boil in hot water 30 minutes for summer squash, twice as long for the Hubbard or other varieties of winter squash. Take up piece by piece and squeeze gently in a clean cloth, put back into the empty dried pot and mash quickly and smoothly with a wooden spoon. Stir in a heaping tablespoon of butter for 1 large squash or 2 small ones. Season with pepper and salt; heat and stir till smoking hot, then serve.

BAKED WINTER SQUASH

Cut squash in halves, remove seeds and stringy portion, place in a dripping pan, cover and bake 2 hours, or until soft, in a slow oven. May serve in the shell or remove from shell. Mash and season with butter, salt and pepper.

HOT SLAW

Slice firm, white cabbage very fine and sprinkle lightly with pepper and salt. Meanwhile mix together in a saucepan a piece of butter the size of an egg with $\frac{1}{2}$ cup vinegar moderately strong. Put these over the fire and heat. Mix together 2 raw eggs, a small cup of rich milk (or better, cream), and $\frac{1}{2}$ cup sugar. Stir these slowly into the heated vinegar, to which the cabbage must now be added until it is well scalded. It should be tender and heated through and through.

SUCCOTASH

| | |
|-----------------------|--------------------------------|
| 10 ears of corn. | 1 teaspoon salt. |
| 1 quart Lima beans. | $\frac{1}{2}$ teaspoon pepper. |
| 2 tablespoons butter. | 1 cup sweet cream. |

With a sharp knife cut the corn from the cobs and add to the Lima beans the last 15 minutes of cooking, when they are tender and water nearly all absorbed. This mixture should be cooked nearly dry. Add butter, seasonings and cream, and simmer for 10 minutes.

MUSHROOMS

Gather them fresh, pare and cut off the stems, dip them in melted butter, season with salt and pepper, broil them on both sides over a clear fire. Serve on toast.



PEAS IN POTATO CASES

Mash 6 or 8 boiled potatoes. Add butter and milk in the usual way. When well mashed add a little *Purity Flour* to slightly stiffen them. Fill greased patty pans with the potato, putting piece of bread in the centre of each. When they are browned take out the bread and fill with young, well-cooked peas, which have been seasoned with a little cream, pepper and salt. Serve on a hot platter.

CAULIFLOWER

Plunge a head of cauliflower into cold salt water several times. (This will bring out any insects which may be in it.) Boil 20 minutes in hot salted water, which has already come to boiling point; drain and serve with cream sauce. (If 1 teaspoon of granulated sugar is added to the boiling water, cauliflower will retain its natural color and flavor, also become more tender. This applies also to cabbage.)

CABBAGE

To boil cabbage, cut the heads in squares, taking out the stalks inside. Treat it like cauliflower, cleansing it. Cover with boiling salted water and cook until it is tender, but no longer (about 20 minutes or 30 minutes). Drain, season with pepper and butter. Or it may be boiled in broth—that obtained from pork is the best, for cabbage needs plenty of fat to make it digestible. The most economical way is to stew it with some ribs of pork. Put cabbage in with the pork about $\frac{1}{2}$ an hour before the pork is cooked, allowing the water gradually to be absorbed, and serve the pork on top of the cabbage.

LENTILS

1 cup lentils.
1 tablespoon butter.

1 teaspoon salt.
 $\frac{1}{4}$ teaspoon pepper.

Wash the lentils, cover with cold water and soak over-night. In the morning drain and cover with boiling water, and simmer for 1 hour, or until tender. Season with butter, salt and pepper.

BRUSSELS SPROUTS

Cut the sprouts from 2 medium-sized stalks. Pick off all tarnished leaves. Lay them for 15 minutes in salted water. Drain them well and cook in plenty of boiling water, uncovered, till tender, from 10 minutes to 30 minutes, according to their age. Drain in colander and serve with butter, pepper and salt, or with white sauce.



GREEN PEAS

Shell and leave in very cold water 15 minutes. Cook in plenty of boiling salted water. They should be done in 15 minutes. Shake gently in a hot colander to get ride of the water; turn into a heated deep dish, sprinkle with salt and pepper and stir in fast and lightly with a fork 2 tablespoons of butter. Eat while hot.

EGG PLANT

Slice it crosswise and about an inch thick; lay in strong salt water for 1 hour with a plate on the top slice to keep it under the brine. This will draw out the bitter taste. Put 1 cup of fine crackers or bread crumbs into a flat dish and season with salt and pepper. Beat the yolks of 2 eggs into a shallow bowl. Wipe each slice of the egg plant dry, dip it into the egg, and roll it over and over in the crumbs. Have ready heated in a frying-pan, some sweet lard and fry the vegetable in it until brown. As each slice is done lay it in a hot colander or pan with crumpled manilla paper in it, set it in the open oven, that every drop of grease may be dried off. Serve on a hot platter.

STRING BEANS

Carefully string freshly-picked beans; simmer with a piece of salt pork until tender. Different varieties require different lengths of time to cook.

LIMA BEANS

Wash and cook in boiling soft water for 45 minutes. Add salt about 10 minutes before they are done. Drain and season with butter and salt. Lima and other white beans are improved by adding a little butter or fat salt pork.

NOTE.—If water is very hard, soften by adding $\frac{1}{4}$ teaspoon soda to 1 quart water.

FRIED TOMATOES

Select nice smooth tomatoes, either green or ripe. Wash and wipe dry; have ready a spider with 2 tablespoons melted butter, slice the tomatoes about a $\frac{1}{4}$ of an inch thick, dip in egg and then dip in *Purity Flour*. Place in hot butter, season with salt and pepper, cover and fry until brown, then turn over and fry.



BAKED TOMATOES

Take nice ripe tomatoes (not too ripe) ; take out the pulp and mix with fine bread crumbs, season with salt and pepper, add a little sugar, fill tomato cups with this dressing and cover with bread crumbs, moistened with a little butter. Bake 20 minutes. May add cold chicken or any cold meat chopped fine and moistened with stock, and season with a little onion.

SCALLOPED TOMATOES

6 medium-sized tomatoes.
1 cup bread crumbs.

1 tablespoon butter.
Salt and pepper.

Butter a baking dish and cover the bottom with bread crumbs. Cover this with a layer of sliced tomatoes and season with salt and pepper. Continue until dish is filled. Cover the top with buttered bread crumbs. Bake in hot oven until crumbs are brown.

TURNIPS

Serve turnips plain boiled or mashed and season only with salt and pepper. Serve with boiled bacon, roast pork and mutton. Wash and pare the turnips, cut in slices and cook in boiling salted water for 45 minutes. When done, drain from water, season with salt, pepper and butter, serve hot; or mash, and to 2 cups of vegetable use $\frac{1}{2}$ teaspoon salt, pepper, and 2 tablespoons butter. Turnips may be cut in half in cubes, boiled and served with white sauce.

ONIONS

Peel under cold water; parboil for 5 minutes in boiling water and drain; add enough boiling water to cover and cook for 1 hour. Drain and serve with butter, salt and pepper or white sauce.

BAKED ONIONS

For this use large ones, parboil in boiling water for 5 minutes, dry carefully, wrap each one in buttered paper, lay in a baking pan and cook in a hot oven until they can be pierced with a straw.



FRIED ONIONS

Slice onions and put into skillet, and boil in a little water and salt until tender, allowing water to boil away. Add a heaping tablespoon of meat fryings and fry a nice brown, stirring very often.

PARSNIPS

Brush clean and lay in cold water to become crisp. Cook in boiling salted water till tender. Throw into cold water to slip the skins, and serve either plain or mashed; season with butter, salt and pepper, or with a thin cream sauce. They are more savory if they can be cut in round slices, sprinkled with salt, pepper and sugar and browned in a little ham or bacon fat, or dipped in fritter batter before frying.

GREEN CORN

This most delicious of summer vegetables is frequently spoiled by over-cooking. If the corn is fresh and tender, as it should be, 15 minutes is enough. Wrap at once in a thick napkin and send to table covered, as the skin toughens if allowed to dry while hot. It is sometimes cooked in the inner husk, but this is not necessary except for roasting.

STEWED CORN

Cut and scrape sweet corn off the cob, put into a stewpan with milk and cream, butter, salt and pepper, and cook gently until well heated.

GREEN PEPPERS STUFFED WITH CORN

6 large sweet peppers.
2 cups green corn.
3 tablespoons butter.
3 tablespoons boiling water.

$\frac{1}{2}$ cup cream.
 $\frac{1}{2}$ cup boiling water.
1 teaspoon salt.
 $\frac{1}{2}$ teaspoon pepper.

With a sharp knife cut around $\frac{3}{4}$ of the stem end of each pepper, leaving it hinged by the other $\frac{1}{4}$ as a lid. Remove the seeds and inner membranes. Cover the peppers with cold water and bring it to a boil. Drain off the water, cover them with fresh boiling water and simmer until tender. Drain, sprinkle lightly with salt and allow to cool. Put 2 tablespoons of butter into a frying-pan and heat it. When hot add the green corn and the 3 tablespoons of hot water. Cook 5 minutes and add the cream and seasonings. Now cook slowly until quite thick. Let the mixture then cool and fill your prepared peppers with it. Fasten down the stem end lids of the peppers and place them in a buttered baking dish. Melt the remaining tablespoon of butter in the $\frac{1}{2}$ cup of boiling water, pour the liquid over the peppers and bake for 25 minutes. These will be found delicious to serve with fish courses. This will serve 6 people.



STUFFED GREEN PEPPERS

6 green peppers.
Chicken forcemeat.

1 cup stock or cold gravy.

Wash peppers and scald in boiling water for 5 minutes; rub off the skin with a wet cloth. Cut a slice from the stem for a cover, remove seeds and stuff the peppers with the forcemeat. Replace the cap, place peppers in a small deep dish, pour in the broth and bake in a moderate oven for $\frac{1}{2}$ an hour. Sausage meat or cold meat with equal measure of bread may be substituted for chicken forcemeat. Serve in dish in which they were baked. This will serve 6 people.

ARTICHOKES

Cut the stalks close, clip the sharp points from the leaves, wash and lay head down in cold salted water for $\frac{1}{2}$ hour. Cook in boiling salted water for about 40 minutes, or till tender enough to draw out the leaves easily. Turn them upside down and drain. Serve hot with sauce, or cold with French dressing. To keep them green tie bits of charcoal in muslin and boil with them.

SPINACH

Pick over carefully while dry, throw a few plants at a time into a large pan of cold water, wash well on both sides to dislodge insects, and pass to another pan. They should have at least 3 separate waters. Put the spinach into a large kettle without water, set it on the stove where it will cook slowly until the juice is drawn, then cook for 30 minutes, or until tender; drain and chop fine. For $\frac{1}{2}$ a peck of spinach add 2 tablespoons of butter and $\frac{1}{2}$ teaspoon salt. Reheat and serve on buttered toast.

SPRING CARROTS

Cut the tops close to the roots. Wash with a brush and scrape; cut in slices lengthwise or crosswise and cook from 35 to 40 minutes. Season with salt, pepper and butter, or serve in white sauce.

BEETS

Be sure the beets are young and fresh. Old beets will never cook tender. The time for cooking beets depends on age and freshness. Cut off the tops to within an inch of the tuber; scrub with a vegetable brush, never cut, or they will "bleed" and lose color while cooking. Cook in boiling water until tender, from 1 to 4 hours. When done, plunge in cold water to remove the skins. Serve whole or sliced. Season with butter, salt and pepper.



FRIED BEETS

Boil young beets until tender, place a little butter in frying-pan; when hot, add beet slices and season with salt and pepper.

STEWED CELERY

Cut the coarse pieces of celery and ends of stalks, using the fine leaves also, into inch or less pieces. Pour over boiling water to cover. Boil until tender, from 20 to 30 minutes. Season to taste with salt and pepper and serve with white sauce, using the water in which celery was boiled for part of liquid for white sauce.

ASPARAGUS

Wash carefully 2 bunches green asparagus, cut the ends until the tender part is reached. Arrange in 1 large bundle and fasten with a broad band of coarse muslin pinned at each side. Boil gently in salted water until done, about 20 to 30 minutes. Use only enough water to just cover. Let the water boil down to the last of the cooking. Serve on buttered toast and spread butter on top of asparagus.



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Salads



A FEW years ago salads seldom appeared on the table. They now constitute a course in almost every dinner. They are made in an endless variety of ways and are composed of meat, fish, vegetables (alone or in combination), or fruits, with the addition of a dressing.

The tendency is to eat too few green salads and too many sweet ones. We should cultivate a taste for wholesome green foods. No absolute rule can be laid down for the making of salads. Begin with simple ones and you will gradually become an expert salad maker. The one rule applying to all salads is to have them very cold and to serve them daintily.

Dressing may be added at the table or just before sending to the table. If greens are allowed to stand in dressing they will soon wilt.

FRENCH DRESSING

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| $\frac{1}{2}$ teaspoon salt. | 2 tablespoons vinegar. |
| $\frac{1}{4}$ teaspoon pepper. | 4 tablespoons olive oil. |

Mix ingredients and stir until well blended. Some prefer the addition of a few drops of onion juice.

SOUR CREAM DRESSING

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|------------------------------|---------------------------------|
| 1 cup sour cream. | 1 teaspoon sugar. |
| 1 egg. | $\frac{1}{4}$ teaspoon mustard. |
| 1 teaspoon vinegar. | $\frac{1}{8}$ teaspoon pepper. |
| $\frac{1}{2}$ teaspoon salt. | |

Mix dry ingredients, combine with the egg slightly beaten. Add cream slowly and stir in double boiler until like custard. When cool add vinegar.

MAYONNAISE DRESSING

| | |
|---------------------------------|--|
| 3 egg yolks. | $\frac{1}{4}$ teaspoon powdered sugar. |
| 1 teaspoon salt. | 2 cups olive oil. |
| $\frac{1}{2}$ teaspoon mustard. | 2 tablespoons lemon juice. |
| $\frac{1}{8}$ teaspoon pepper. | 1 tablespoon vinegar. |

Mix the dry ingredients, add the egg yolks. When well mixed add $\frac{1}{2}$ teaspoon vinegar. Beat with a Dover beater until smooth. Add oil gradually, drop by drop at first, beating constantly. As the mixture thickens, thin with lemon juice or vinegar. Add more oil, alternating with vinegar and lemon until the proportions are used, stirring or beating constantly. If oil is added too rapidly dressing will curdle. In this case take a fresh cold yolk, beat until thick and add the curdled mixture slowly to it. The oil for salad dressing should be thoroughly chilled, and in making all utensils and ingredients should be cold. It is helpful to place the bowl in a large dish of cracked ice. Mayonnaise should be stiff enough to hold its shape. The size of the eggs and the sharpness of the vinegar are so variable that the dressing made with 2 cups of oil may vary at different times.



CREAM MAYONNAISE

To the rule given on preceding page add $\frac{1}{2}$ cup cream beaten until stiff. This should be added immediately before serving.

TO COLOR MAYONNAISE

Green Mayonnaise is made by chopping parsley leaves and pounding with a small quantity of lemon juice. Strain and add to dressing.

Red Mayonnaise is made by adding 1 tablespoon of lobster coral rubbed through a fine sieve.

BACON FAT DRESSING

Cut $\frac{1}{4}$ pound very fat bacon or ham into small dice. Fry gently until the fat turns a light brown color. Remove from fire and add $\frac{1}{2}$ vinegar to $\frac{2}{3}$ bacon fat. Pour over a salad already seasoned with pepper, salt, etc. This is nice on cabbage, lettuce or dandelion salad. A little onion chopped very fine improves the flavor.

BOILED SALAD DRESSING

1 cup milk.
3 tablespoons *Purity Flour*.
2 tablespoons butter.
3 eggs.
1 cup vinegar.

4 tablespoons sugar.
3 teaspoons mustard.
2 teaspoons salt.
 $\frac{1}{2}$ teaspoon cayenne.

Rub the flour and 3 tablespoons of milk to a very smooth paste. Scald the remaining milk and stir it gradually into the flour paste. Return mixture to double boiler and stir constantly until very thick and smooth. Cover and cook while preparing the other ingredients. Mix salt, sugar, mustard and cayenne in a bowl, stir in the vinegar. Beat the eggs and stir into the vinegar and spices. Stir the butter into the sauce, then add the vinegar mixture gradually, stirring quickly all the time. Cook until smooth and velvety. This recipe makes about $1\frac{1}{2}$ pints.

CELERY SALAD

Cut the white stalks of a head of celery in pieces $\frac{1}{2}$ inch long. Place them in a salad bowl. Shred the whites of 3 hard-boiled eggs and add to the celery. Season with 2 tablespoons of Mayonnaise dressing and 1 chopped shallot onion. Spread over the top finely chopped yolks of 3 hard-boiled eggs. Garnish the dish with lettuce.



TOMATO AND CUCUMBER SALAD

Peel small ripe tomatoes, remove the hearts and sprinkle with salt, and set shells on ice to chill. Pare cucumbers and chop them coarsely. Pour over them fresh dressing and fill lightly into the tomato shells. Serve each on a crisp lettuce leaf.

TOMATO JELLY SALAD

Strain 1 can tomatoes through a fine wire sieve. Put $\frac{1}{2}$ the juice on to boil, season to taste with salt and paprika, celery or onion. Soak $\frac{1}{2}$ box gelatine in the remainder of the juice. Pour the hot juice on the gelatine and thoroughly dissolve it. Pour into individual moulds to harden. Serve on lettuce leaf with mayonnaise. To make a little more elaborate, put an olive in the bottom of each mould before pouring in the mixture.

CHICKEN SALAD

2 cups white meat.
2 cups diced celery.

Salt.
Pepper.

The meat should be cut in even pieces, about $\frac{1}{2}$ -inch cubes. Moisten with any salad dressing and serve on lettuce leaves.

VEAL SALAD

The meat may very well be the remainder of a roast of the previous day. Trim away carefully all fat and gristle, and cut in dice. Season and serve on lettuce leaves with a French dressing. Garden cress, pepper grass or diced celery may also be added.

MOCK CHICKEN SALAD

Cut lean roast pork in dice and add to it as much chopped celery as pork, a few drops of onion juice and salt and pepper to taste. Moisten with mayonnaise dressing and serve on lettuce leaves.

CABBAGE SALAD

Remove outside leaves from a small solid white cabbage and cut off stalk close to the leaves. Cut out centre and with a sharp knife shred finely. Let stand 1 hour in cold or ice water. Drain, wring in double cheesecloth to make as dry as possible. Mix with equal parts of celery cut in small pieces and a small piece of onion. Moisten with dressing and refill cabbage. Garnish with celery tips and parsley.



LETTUCE SALAD

Look lettuce over carefully, wash and crisp. Lay it in a deep dish with sliced cucumbers. Serve with boiled dressing or French dressing. Cress may be served in the same way.

NUT SALAD

Take equal portions of English walnuts, hickory nuts and pecan meats. Add twice as much chopped celery as nut meats. Pour over all a good salad dressing and serve at once on lettuce leaves.

LOBSTER SALAD

1 good-sized lobster.
1 head lettuce.

$\frac{1}{2}$ cup mayonnaise dressing.

Cut the meat in small dice and set aside to chill. Shred the lettuce and chill. At serving time combine meat and lettuce. Mix with dressing, place in a salad bowl with crisp lettuce leaves and garnish with small leaves and small claws. Shrimps, crabs and crawfish are prepared in the same way.

POTATO SALAD

Take 6 cold sliced or cubed boiled potatoes, 1 onion chopped fine, teaspoon of chopped chives, and mix together with salad dressing. Put on a platter and ornament with lettuce and cooked beets cut in cubes.

SUMMER SALAD

Ornament salad bowl with lettuce. Slice cucumbers, tomatoes, celery, young onions, and serve with boiled or French dressing.

WINTER SALAD

Take a small red cabbage, cut very fine. Slice some smoked bacon in small pieces, put in a casserole and let bake and cook for 5 minutes. Then add 1 teaspoon vinegar, mix cabbage with it and cook for 15 minutes. Serve hot.



FRUIT SALAD

$\frac{1}{2}$ pound almonds.
4 oranges.
1 can pineapple.

3 bananas.
 $\frac{1}{2}$ cup French cherries.
1 cup powdered sugar.

Blanch the almonds and grate or chop very fine. Pare and slice the oranges, cut pineapple in small dice. Slice the bananas, alternate layers of fruit with layers of sugar. Reserve the almonds for the top layer. Garnish with strawberries or other small bright fruit. Then add the following dressing and chill:

$\frac{1}{2}$ cup lemon juice.
2 tablespoons sherry.

2 tablespoons of maraschino liquor.

or,

$\frac{1}{4}$ cup lemon juice.
 $\frac{1}{4}$ cup pineapple juice.

1 cup granulated sugar,
cooked down to a syrup.

Grated cocoanut can be used instead of almonds; peaches and pears instead of bananas.

IMPERIAL SALAD

Take fresh pineapple, oranges, celery and apples. Cut in cubes or dice, mix with some mayonnaise into which a few tablespoons of heavy cream were previously mixed. Serve on shallow salad dish. Garnish with finely chopped peppers and sweet pimento, alternating the color all round the border. Sprinkle a few finely chopped pecan nuts in the centre.

WALDORF SALAD

1 cup sliced apples.
1 cup celery, diced.
1 tablespoon lemon juice.

$\frac{1}{2}$ teaspoon salt.
 $\frac{1}{4}$ cup walnut meats, broken in pieces.
1 cup mayonnaise or boiled dressing.

Mix lightly apples, celery and nuts, being careful not to crush the fruit. Sprinkle with salt and add dressing. An attractive way of serving this salad is to remove tops from red or green apples, scoop out inside pulp, leaving just enough adhering to the skin to keep the apples in shape. Refill shells thus made with the salad. Serve on lettuce leaves.

CRACKERS AND CHEESE

Cover halves of small crackers with a sprinkling of grated cheese, a speck of cayenne pepper. Toast in the oven until cheese is melted and slightly brown. Serve warm with salad.



Sandwiches



Sandwiches are easily made and require only daintiness for their perfection. Their variety is great and largely depends upon the ingenuity of the maker. Have bread of rather close texture and a day old if possible, and slice very thin.

CHICKEN SALAD SANDWICHES

Butter thin slices of bread lightly and lay between slices a lettuce leaf with a layer of chicken salad on it. In making chicken salad for sandwiches chop the celery and chicken much finer than for ordinary purposes.

CLUB HOUSE SANDWICH

Butter hot toast well; arrange $\frac{1}{2}$ the slices on a large platter; lay a lettuce leaf on each slice, and brush lightly with a French dressing seasoned with mustard; then cover with pieces of 2 or 3 kinds of meat: cold breast of turkey or chicken and a piece of freshly fried bacon or cold sliced tongue and fresh fried ham. Add a slice of cucumber or green tomato pickle; cover with the remaining slices of toast and garnish with lettuce and olives. Keep as warm as possible. Fine for luncheon.

LOBSTER SANDWICHES

Chop the lobster meat fine; season with salad dressing to which a teaspoon of Worcester sauce has been added.

EGG SANDWICHES

Slice hard-boiled eggs or chop them fine. Season with salad dressing; spread on lettuce leaves and lay between slices of buttered bread.

CHEESE SANDWICHES

Grate any good cheese, rub into a paste with butter; season with salt and a little Worcester sauce and spread the bread.

DELICIOUS CREAM CHEESE SANDWICHES

Moisten a brick of cream cheese with cream. Add salt and a little pepper. Add to it some finely chopped stuffed olives. Mix thoroughly and spread on bread lightly buttered. Chopped pickles, nuts or pimento may be used instead of olives. One brick of cheese makes about 2 dozen sandwiches.



WINDSOR SANDWICHES

Mix 4 heaping tablespoons of chopped ham and 4 of chicken with about 3 tablespoons of thick mayonnaise dressing. Spread this mixture on thinly sliced bread. Enough for a dozen sandwiches.

HONEY AND NUT SANDWICHES

Mix the honey with pecan meats or almonds minced, and make into sandwiches with small baking-powder biscuits.

DEVONSHIRE CREAM SANDWICHES

For those who do not relish meat, spread Devonshire cream on thin slices of buttered bread, then with strawberry or any other jam, and press together.

LETTUCE SANDWICHES

Place some crisp lettuce leaves, spread with a thick salad dressing, between slices of bread and butter, prepared as for ordinary sandwiches.

NASTURTIUM SANDWICHES

These are a novelty and have a piquant flavor. The flowers shredded, with the addition of a few of the tender seeds, placed between slices of buttered bread, make a dainty sandwich.

DATE SANDWICHES

Butter thin even slices from a loaf at least a day old. Spread with dates, stoned, chopped fine and moistened with cream. Cut in any shape desired. For afternoon tea the bread may be fresh baked and so thinly cut with a sharp knife that the sandwiches can be rolled and each one tied with a ribbon. All crusts removed.

SOCIETY SANDWICHES

Delicious for afternoon teas, picnics and children's lunches. Chop fine $\frac{1}{2}$ package seeded raisins, together with 1 cup of nuts, mixed with whipped cream or the white of an egg beaten; season with salt. Spread between slices of thinly buttered bread.



RAISIN AND NUT SANDWICHES

Take mayonnaise or firmly-whipped sweet cream, thicken with powdered or chopped nut meats and seeded raisins. Walnuts, pecans, almonds, filberts or Brazil nuts, or a mixture of several varieties is nice. Made with tea biscuits or finger rolls, they are good and require no butter.

FIG SANDWICHES

Thin slices of bread cut in fancy shapes and buttered, with fig filling between each two. The filling should be prepared as follows: $\frac{1}{2}$ pound finely chopped figs, $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ cup boiling water, 2 tablespoons lemon juice. Mix these ingredients and cook in a double boiler until thick enough to spread. Cool.

NUT GINGER SANDWICHES

Take 3 long thin slices of bread, buttered. Between the first and second place a layer of chopped preserved ginger, mixed with cream, and between the second and third slices place a layer of chopped walnuts.

NUT SANDWICHES

Thin slices of whole wheat bread, cut circular and buttered. The filling should be made of chopped roasted and salted peanuts, mixed with sufficient mayonnaise to spread easily.

PEANUT SANDWICHES

Grind the nuts in a meat chopper and mix with salad dressing and spread thin slices of delicately buttered white bread.

PEANUT BUTTER SANDWICHES

Mix the amount of peanut butter required with an equal amount of water, stirring them until they are thoroughly incorporated; season with salt, pepper and lemon juice to taste. Spread thin slice of bread with the mixture. Lay a lettuce leaf in each sandwich and cut into any desired shape.

RIBBON SANDWICHES

Take 3 square thin slices of white bread and two corresponding slices of whole wheat or dark nut bread. Butter them and place between each 2 slices (the white bread being on the outside) a filling made of egg paste. Take a sharp knife and cut crosswise into thin slices, each 5 (3 white and 2 dark) slices of bread cut into 6 sandwiches.

EGG PASTE: Mash the yolks of 3 hard-boiled eggs to a paste and add 2 tablespoons of salad dressing, and pepper and salt to taste.



Candy



FONDANT

1 pound sugar.
 $\frac{1}{2}$ cup water.

$\frac{1}{8}$ teaspoon cream
of tartar.

Put ingredients into smooth saucepan, stir, place on range and heat gradually to boiling point. Boil without stirring until, when tried in cold water, a soft ball may be formed that will just keep its shape. (After a few minutes boiling the sugar will adhere to the sides of the kettle. This should be washed off with a piece of cheesecloth wound on a fork and first dipped in cold water.) Pour slowly on a slightly greased platter. When cold enough to bear your finger in it, stir the mixture rapidly until it is soft, white and creamy. Dust bread-board with powdered sugar, turn the mixture on it and knead it as you would biscuit dough until it is very soft and smooth. It is now ready for use. Fondant is the basis of all cream candy and may be made in large quantity, kept air-tight and used as needed.

MAPLE FONDANT

$1\frac{1}{4}$ pounds maple sugar.
 $1\frac{1}{4}$ pounds sugar.

1 cup hot water.
 $\frac{1}{4}$ teaspoon cream of tartar.

Break maple sugar in pieces and add to remaining ingredients. Boil and work same as white fondant. Maple fondant is delicious with nuts.

COFFEE FONDANT

$2\frac{1}{2}$ pounds sugar.
 $1\frac{1}{2}$ cups cold water.

$\frac{1}{4}$ cup ground coffee.
 $\frac{1}{4}$ teaspoon cream of tartar.

Put water and coffee in saucepan and heat to boiling point. Strain through double cheesecloth; then add sugar and cream of tartar. Boil and work same as white fondant.

CREAM MINTS

Melt fondant over hot water, flavor with few drops of oil of peppermint, wintergreen, clove, cinnamon, or orange and color if desired. Drop from tip of spoon on oiled paper.

CREAM NUT BARS

Melt fondant and flavor, stir in any kind of nut meats cut in pieces. Turn in an oiled dish, cool and cut in bars with a sharp knife.



GLACÉ NUTS

2 cups sugar.
 $\frac{1}{2}$ teaspoon cream of tartar.

1 cup boiling water.

Put ingredients in a smooth saucepan, stir, place on range and heat to boiling point. Boil without stirring until syrup begins to discolor. Remove saucepan from fire and place in larger pan of cold water to instantly stop boiling. Remove from cold water and place in a saucepan of hot water during dipping. Take nuts separately on a long pin, dip in syrup to cover, remove from syrup and place on oiled paper. Fruit, such as grapes, strawberries, sections of mandarins and oranges and candied cherries, may be dipped also. Glacé fruits keep but a day, and should only be attempted in cold and clear weather.

CANDIED ORANGE PEEL

1 cup water.
2 cups peel of orange.

1 cup sugar.
Dry sugar.

Cut the peel in long strips and measure 2 cups of them. Put them in a saucepan and pour the water over them. Cook until tender. Drain off the water and add the sugar. Gradually heat, and when the sugar is melted cook over a slow fire until the peel is clear. Remove from the fire and when cool dip in dry granulated sugar and pack in jars.

CANDIED GRAPE FRUIT PEEL

Candied grape fruit peel which may be passed on the finger bowls or served on bon-l'on plates, may be made as follows: Cut through the peel in $\frac{1}{4}$ sections and remove carefully from fruit and weigh. Let stand over-night in cold water to which 1 teaspoon salt is added to 1 quart of water. Cook peel in water to cover until tender, then drain. Make a syrup of sugar equal in weight to the peel and $\frac{1}{2}$ cup of water to each cup sugar. Cook syrup until it will thread when dropped slowly from tip of spoon. Add the grape fruit peel, from which the larger part of the white portion has been scooped out with a spoon, and which has then been cut in thin strips with scissors. Simmer until syrup is well reduced, then stir gently until peel is coated. Spread peel on agate plates or on oiled paper in the sunshine to dry, which may take several days. Or the strips may be added to the syrup at the threading point, cooked for 5 minutes thoroughly, drained and rolled in granulated sugar.

ICE CREAM CANDY

4 cups granulated sugar.
 $\frac{1}{2}$ cup water.
1 teaspoon cream of tartar.

1 tablespoon of glycerine.
1 teaspoon flavoring extract.
 $\frac{1}{2}$ cup vinegar.

Boil the sugar, water, vinegar and glycerine together until the mixture will spin a heavy thread. Remove from the fire, and when it no longer boils add the cream of tartar and flavoring extract. Pour on a large buttered platter and when sufficiently cool pull until white. This will make 2 pounds.



MAPLE PUFFS

- | | |
|----------------------------------|-----------------------------------|
| $\frac{1}{2}$ pound maple sugar. | $\frac{1}{2}$ cup chopped figs. |
| $\frac{1}{2}$ pound brown sugar. | $\frac{1}{2}$ cup chopped citron. |
| Whites of 2 eggs. | $\frac{1}{2}$ cup raisins. |
| 1 cup English walnuts. | $\frac{1}{2}$ cup water. |

Boil the sugar and water until they spin a heavy thread. Beat the whites of the eggs very stiff, gradually add the hot syrup to the whites of the eggs, beating all the time. When the mixture begins to stiffen add the other ingredients. Beat until it will hold its shape. Place by tablespoons on greased paper and let stand until stiff.

PLAIN FUDGE

- | | |
|----------------------------|------------------------|
| 2 cups brown sugar. | Butter size of walnut. |
| $\frac{3}{4}$ cup of milk. | |

Stir until dissolved. Boil for 3 minutes. Try a drop of the mixture in a cup of cold water, and if it holds its shape well, remove from the stove and beat constantly until it is the consistency of cake batter, then pour in buttered pan and cut into small pieces.

COCOA FUDGE

Cook plain fudge as above, and when it is ready to remove from stove add 2 tablespoons of cocoa and beat as plain fudge. This is really much cheaper than chocolate fudge and tastes almost as good.

CHOCOLATE FUDGE

Melt a $\frac{1}{4}$ cake of Baker's unsweetened chocolate with a little butter, then take from stove and add 2 cups sugar and $\frac{2}{3}$ cup of milk. Allow this to boil for 3 minutes, then remove from stove and treat as plain fudge.

MOLASSES TAFFY TO PULL

- | | |
|----------------------|--------------------------|
| 1 pound brown sugar. | $\frac{1}{2}$ cup water. |
| 1 cup molasses. | Butter size of an egg. |

Boil over a hot fire until it hardens when dropped in cold water. Pour on a greased platter. When cool enough to handle flavor and pull till light.



MARSHMALLOWS

Two tablespoons Knox gelatine soaked in 6 tablespoons water. Dissolve 2 cups granulated sugar in 4 tablespoons hot water. Let the syrup boil until a little hard when dropped in cold water. Take off and pour over dissolved gelatine and beat 20 minutes. Add teaspoon vanilla and pour into a buttered pan with cornstarch very thick on the bottom. When firm enough cut in squares and roll in powdered sugar. This is also nice if a few chopped nuts are added just before it is poured out to cool. It is also nice to color half of the mixture pink and either place it in a mould, having a layer of each, or mould each color separately.

NOUGAT

$\frac{3}{4}$ cup honey.
 $\frac{1}{2}$ cup brown sugar.

1 pound almonds.
2 egg whites.

Boil the honey and sugar together until drops of the mixture hold their shape when poured into cold water. Add the whites of the eggs, well beaten, and cook very slowly, stirring constantly until the mixture becomes brittle when dropped into cold water. Add the almonds and cool under a weight. The candy can be broken into pieces or may be cut and wrapped in waxed paper.

HONEY FUDGE

2 cups sugar.
 $\frac{1}{2}$ cup honey.
 $\frac{1}{2}$ cup water.

2 egg whites.
1 teaspoon vanilla extract.

Boil together the sugar, honey and water until the syrup spins a thread when dropped from a spoon. Pour the syrup over the well-beaten whites of the eggs, beating continuously and until the mixture is thick enough to shape, adding the flavoring after the mixture has cooled a little. While beating drop in small pieces on buttered or paraffin paper.

CHOCOLATE CREAMS

Take plain fondant and roll in balls. Melt a cake of sweetened chocolate over boiling water and dip the balls into this, covering them well. Dry them on an oiled paper.

CREAM TAFFY

3 cups granulated sugar.
 $\frac{1}{2}$ cup vinegar.

$\frac{1}{2}$ cup water.
Butter size of a walnut.

Boil without stirring until it hardens when dropped in cold water, flavor and pour at once in buttered pans. When cool enough to handle pull till white, then cut up in sticks with sharp scissors.



PEANUT NOUGAT

Two cups of confectioners' sugar and 1 cup of shelled and skinned peanuts. Put the sugar in a saucepan, and as soon as dissolved throw into it the nuts, stirring rapidly, pour quickly into a buttered pan and press into a flat cake with a buttered knife, as it cools very quickly.

KISSES

Beat whites of 4 eggs to stiff froth. Stir into it $\frac{1}{2}$ pound powdered sugar. Beat until very light. Drop in teaspoons on well-buttered paper. Lay the paper on an inverted pie tin and add $\frac{1}{2}$ walnut on top of each, just before putting in the oven. Bake very slowly till set.

BUTTER TAFFY

1 pound brown sugar.
1 cup water.

$\frac{1}{2}$ cup vinegar.
Butter the size of an egg.

Boil till brittle when tried in cold water. Walnuts, peanuts, cocoanut or almonds can be added before taking from the fire. If almonds, add them 5 minutes before the candy is done and stir occasionally to keep from burning. Pour into buttered pans.

RAISIN FUDGE

Melt 2 tablespoons butter, add 2 cups sugar, $\frac{2}{3}$ cup milk, heat to boiling point. Add 2 squares chocolate, boil until it forms a soft ball when dropped in cold water. Remove from fire, add 1 teaspoon vanilla and stir until creamy. Just before it becomes creamy add $\frac{1}{2}$ package seeded raisins and $\frac{1}{2}$ cup nuts, then pour into a buttered platter and mark in squares.

RAISIN CHOCOLATES

Select smooth, seedless raisins. Put $\frac{1}{2}$ -pound cake vanilla sweet chocolate in a saucepan over boiling water, and when melted add 2 level teaspoons butter and 2 of boiling water. Drip raisins and put on oiled paper.



RAISIN BRITTLE

$\frac{1}{4}$ cup seeded raisins.
 $\frac{1}{4}$ cup figs.

$\frac{1}{4}$ cup Brazil nuts.
 $\frac{1}{4}$ cup slices cocoanut.

Grease tin plates and scatter nuts and fruit over them. Then boil the following ingredients until brittle when dropped in cold water:

2 cups sugar.
1 teaspoon butter.

$\frac{1}{4}$ cup vinegar.
 $\frac{1}{2}$ cup water.

Pour into plates containing fruit. Break in pieces when cold.

HONEY CARAMELS

2 cups granulated sugar.
 $\frac{1}{2}$ cup cream or milk.

$\frac{1}{4}$ cup honey.
 $\frac{1}{4}$ cup butter.

Mix the ingredients, heat and stir until the sugar is dissolved, then cook without stirring until a firm ball can be formed from a little of the mixture dropped into cold water. Beat the mixture until it crystallizes, pour into buttered pans and cut into squares. The addition of pecan nuts improves these caramels.

HONEY POPCORN BALLS

Honey can be heated up to about 245 degrees F. without being greatly changed in color or flavor. If it is heated carefully most of the water is expelled. The honey then becomes hard on cooling and can be used for making popcorn balls. To make them, dip the popped corn into the hot honey, shape into balls and cool. Honey popcorn balls absorb moisture on standing in the air. They must therefore be either kept very closely covered or reheated and dried before being used.

CHOCOLATE CARAMELS

Put 2 squares of Baker's chocolate in a granite pan over a slow fire. When melted add 1 cup molasses, $\frac{1}{2}$ cup milk and 1 cup of sugar. Stir until it has dissolved, but not after it boils, for this will make the caramels grainy. When it is brittle in cold water, pour into buttered plates and square with a greased knife.



BUTTERSCOTCH

1 cup sugar.
 $\frac{1}{2}$ cup water.

1 teaspoon vinegar.
 Butter size of a walnut.

Put the sugar and water in a kettle to boil, add the butter and vinegar, and let all boil 20 or 30 minutes. When done add any flavoring desired (vanilla is best) and pour into buttered tins. Have the candy not more than $\frac{1}{4}$ inch thick, and when partly cold mark off into butterscotch strips.

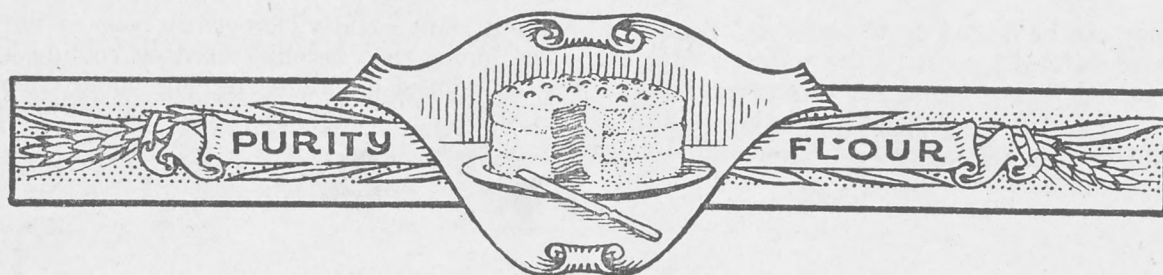
SALTED ALMONDS, No. 1

Blanch your almonds and to a pint of them add 2 tablespoons salt and 2 tablespoons melted butter, pour into a warm bowl and let them stand an hour, then drain off any liquid and brown in the oven for 10 minutes.

SALTED ALMONDS, No. 2

Blanch $\frac{1}{4}$ pound almonds and dry on a towel. Put $\frac{1}{3}$ cup olive oil in a very small saucepan. When hot put in $\frac{1}{4}$ of the almonds and fry until delicately browned, stirring to keep almonds constantly in motion. Remove with a spoon or small skimmer, taking up as little oil as possible. Drain on brown paper and sprinkle with salt; repeat until all are fried.

NOTE.—May use $\frac{1}{2}$ lard and $\frac{1}{2}$ butter, or all cocoanut butter, instead of the olive oil.



Cakes you will be proud of are possible with PURITY FLOUR



Preserves



Preserving fruit is cooking it with from three-fourths to its whole weight of sugar. By cooking in this way much of the natural flavor of the fruit is destroyed, therefore canning is usually preferred to preserving. However, preserved fruit very rarely spoils.

Directions for Canning.—Select fruit which is fresh, firm and not over-ripe. Fruit which has to be pared should be handled quickly and put with sugar or syrup with as little delay as possible, to prevent discoloration.

Syrup for Canning.—One pound of sugar to 1 quart of water, boil for 15 minutes. Fruit can be canned by pouring the boiling syrup over the fruit and sealing, or by pouring the cold syrup over fruit and placing the jars in a double boiler of cold water and heating till the water boils. Let it boil for 15 minutes. Still another way: Cook a small quantity of fruit at a time in the syrup; by so doing fruit may be kept in perfect shape. The latter method is specially nice for large fruit, peaches, pears, etc. Fill sterilized jars with fruit, add enough syrup to overflow jars. Fasten top on while hot and screw down tightly. Let stand until cold, again screw covers, being sure that jars are air-tight.

BLACKBERRY PRESERVES

Look over and wash nice ripe berries. Make a syrup of granulated sugar, allowing $\frac{3}{4}$ pound sugar to 1 pound of fruit. When this becomes a thick syrup add berries, a few at a time, and cook thoroughly.

APPLE PRESERVES

Pare, core and quarter sweet apples. Cook in boiling water a few at a time in granite pan. Cook until easily pierced with a fork, then skim apples out and add granulated sugar, allowing $\frac{3}{4}$ pound of sugar for each pound of apples; add a sliced lemon and, if desired, a little ginger root bruised and tied in a bag. Skim off all seum. Boil down until very thick syrup. Put in a few apples at a time and boil until transparent. Place in jars and seal while hot.

APPLE AND QUINCE PRESERVES

Prepare fruits as required for "Apple Preserves" recipe. Use equal parts or in proportion that can be obtained. Prepare all as in "Apple Preserves" recipe.

PEAR PRESERVES

Peel, cut in halves and core and weigh. If solid, boil in water until tender and use the water to make the syrup. To every pound of fruit add to water $\frac{3}{4}$ pound of granulated sugar, boil gently until tender, skim out and boil down syrup. Seal while boiling hot.



PEACH PRESERVES

Peel peaches and remove pits. Make a syrup, allowing $\frac{3}{4}$ pound of sugar to every pound of fruit, add peaches and cook about 10 minutes. Skim out peaches and boil down syrup, then add peaches again and allow them to boil up once. Seal while boiling hot.

PEACH SYRUP

The skins saved from peeling peaches in preserving time make a very delicious and inexpensive syrup. Put on the stones and skins in a kettle, cover with water and boil until the skins are quite soft, then strain and add sugar as for jelly.

RASPBERRY AND CURRANT PRESERVES

2 pounds raspberries.
3 pounds sugar.

1 pint currant juice.

Cook 20 minutes and in no larger quantity at a time.

CHERRY PRESERVES

Wash and seed cherries carefully. Make a thick syrup of granulated sugar and water and drop cherries in, a few at a time, and cook until tender. If syrup is too thin, skim cherries out and boil it down; when it becomes desired consistency then add cherries and let boil up once, then seal all while boiling hot.

PINEAPPLE AND RHUBARB PRESERVES

5 pounds sugar.
4 pounds rhubarb.

1 pineapple.

Cut up rhubarb, cover with sugar over-night, cut pineapple into very small pieces and boil in a little water until soft, then pour over rhubarb and boil till clear.

PUMPKIN GINGER

Five pounds pumpkin cut in small pieces and 5 pounds sugar; let stand 24 hours. Put on to boil with $\frac{3}{4}$ pound root ginger and 6 lemons cut fine. Boil until the pumpkin is clear, then take out pumpkin and boil the syrup until very thick, then pour over.



TO CAN CHERRIES OR SMALL FRUITS WHOLE

Weigh the cherries after wiping carefully and fill pint sealers full without removing either stems or stones. Allow $\frac{1}{4}$ pound sugar to each pound of fruit, and about $\frac{3}{4}$ cup of water to each pint jar of fruit, or enough to fill each jar. Put the sugar and water on the stove and boil till clear, then set the jars of fruit in a pan of warm water, fill each with the boiling syrup. Put on the rubbers and screw the covers on tight and stand in a tub and cover with boiling water. Cover over with old blankets or carpets to keep in the steam, and let stand till the water is cold. If the jars are air-tight not a cherry will spoil. The table cherries are delicious done in this way, and remain like fresh ones.

CANNED RHUBARB (WITHOUT COOKING)

Cut the rhubarb in pieces about 1 inch long, put in jars and cover with cold water. Seal and put in a cool place. When desired for use, drain off the water and sweeten. When preserved in this manner the fresh flavor is retained.

APPLE JELLY

Almost any apple will make jelly, though hard, sour-juice apples make the best, both for keeping and flavor. Cut up the apples, do not peel or core, put them over the fire in preserving pan with sufficient water to cover and boil them until thoroughly cooked. Strain through a coarse bag and allow 1 pound of sugar to each pint of juice. Boil the juice 20 minutes without the sugar, which should meantime be put in a pan in the oven and heated very hot. When the juice has boiled 20 minutes, add the hot sugar and stir only until sugar is dissolved. Take off, pour into glasses and seal. If you wish the jelly perfectly clear do not squeeze the bag when straining the apples.

GRAPE JELLY

10 pounds Concord grapes.

4 cups water.

Put on to boil till soft, then put in jelly bag and strain. Add 1 pound of sugar to each pound of juice. Boil $\frac{1}{2}$ hour.

CURRANT JELLY

Do not have currants too ripe and do not pick directly after a rain. Cherry currants make the best jelly. Equal proportions of red and white currants are considered desirable and make a lighter colored jelly.

Pick over currants, but do not remove stems; wash and drain, mash a few in the bottom of a preserving kettle, using a wooden potato masher. Continue until berries are used. Cook slowly until currants look white. Strain through a coarse strainer, then allow juice to drop through jelly bag. Measure, bring to boiling point and boil 5 minutes. Add an equal measure of heated sugar, boil 3 minutes, skim and pour into glasses, let cool, and when set cover with paraffin wax and keep in a cool, dry place.



CURRENT AND RASPBERRY JELLY

Follow recipe for current jelly, using equal parts of currants and raspberries.

BLACKBERRY JELLY

Follow recipe for current jelly, using blackberries for currants.

QUINCE HONEY

Peel and grate 5 quinces and 2 large apples. Put on 5 pounds of sugar to boil, with a little water. When boiling, add the fruit and boil 25 minutes, stirring all the time.

ORANGE MARMALADE

9 bitter oranges.
3 sweet oranges.

2 lemons.
4 quarts of cold water.

Cut fruit across grain and soak in the cold water for 36 hours. Boil quickly for 2 hours, then add 8 pounds sugar and boil for 1 hour.

ORANGE MARMALADE (SWEET)

1 dozen oranges.
 $\frac{1}{2}$ dozen lemons.

3 quarts water.
7 pounds sugar.

Slice fruit crosswise, soak 36 hours, boil $1\frac{1}{2}$ hours, then add sugar and boil 1 hour.

LEMON MARMALADE

One dozen lemons, cut fine, cover with 5 pints of cold water, let stand for 24 hours. Boil 2 hours, then add 8 pounds of sugar and boil $\frac{1}{2}$ hour.

RHUBARB MARMALADE

One and a half pounds rhubarb, washed and cut into 1-inch pieces, 1 pound sugar, $\frac{1}{2}$ pound figs, washed and cut small. Boil all together till soft and thick.



Appetizing Drinks



BLACK CURRANT VINEGAR

Four quarts black currants mashed and covered with 2 quarts of cider vinegar. Let it stand for a week and stir every day. Then heat and strain, and to every pint of juice allow $1\frac{1}{2}$ pounds loaf sugar; heat, but do not boil, and stir in $\frac{1}{4}$ pint of brandy. Bottle and seal.

RASPBERRY VINEGAR

Put 3 quarts of ripe raspberries into an earthen bowl, pour over them a quart of vinegar. At the end of 24 hours press and strain out the liquor and turn it over another 3 quarts of fresh, ripe berries. Let it stand another 24 hours, again press and strain the juice, and to each pint add a pound of sugar and boil for 20 minutes. Turn into bottles and cork when cold. When used, dilute the raspberry vinegar with 3 parts water.

UNFERMENTED GRAPE JUICE

Twenty pounds grapes, 6 pounds sugar. Wash and pick grapes from stems. Mash them in top of double boiler and heat the grapes slowly until the juice and seeds separate, strain through a colander, then through a flannel bag. Put the pieces in a kettle with the sugar and heat to scalding point, and bottle hot. Seal tightly. The pulp left in the jelly bag may be made into catsup. Season with good spices, sweeten with sugar, add a little vinegar to it, boil and bottle.

DANDELION WINE

Four quarts of yellow blossoms, pour over them 4 quarts boiling water, allow to stand 3 days, then add the yellow rinds of 2 lemons and yellow rinds of 4 oranges. Boil 15 minutes and strain. When lukewarm add the pulp of oranges and lemons, removing seeds and white membrane, 4 pounds granulated sugar, 2 tablespoons yeast, or $\frac{1}{2}$ yeast cake. Stand in warm place for a week, strain and allow to stand 3 weeks, then bottle. This is an excellent tonic.

LEMON SYRUP

3 pounds white sugar.
4 lemons (grated rind and juice).

1 quart water.
2 tablespoons tartaric acid.

Bring sugar, water and grated rinds to boil, then add the tartaric acid (dissolved in 4 tablespoons hot water). When cooling add juice of the lemons.

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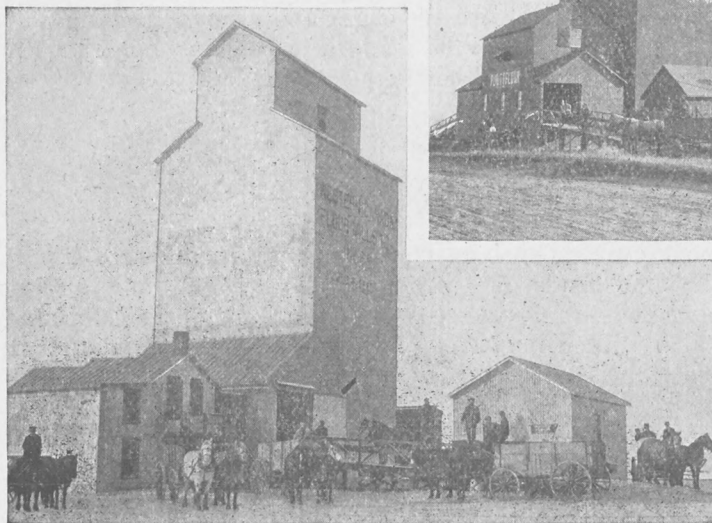
MINT JULEP

1 quart water.
2 cups sugar.
1 cup orange juice.
1 cup strawberry juice.

Juice of 8 lemons.
1½ cups boiling water.
8 sprigs mint.

Make a syrup by boiling quart of water and sugar 20 minutes. Separate mint into pieces, add to the boiling water, cover and let steep 5 minutes, strain and add to syrup; add fruit juices and cool; 1 pint of claret wine may be added if desired. Chill and dilute with water. Garnish with fresh mint leaves and whole strawberries.

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Pickles



One method of pickling is to place the vegetables in the jars and pour over them sufficient cold cider vinegar to cover, adding a few whole cloves, mace and allspice.

Another method is to boil the vinegar, spice, etc., together and pour over the vegetables hot.

SPANISH PICKLES

1 peck green tomatoes.

1 dozen onions.

Slice, sprinkle with salt and let stand over-night, and drain off the juice. Allow 1 pound sugar, $\frac{1}{4}$ pound whole white mustard seed, 1 ounce ground black pepper, 1 ounce ginger, 1 ounce cinnamon. Mix dry. Put a layer of tomatoes and onions in a kettle and sprinkle with spice, then tomatoes, and so on till all are used. Cover with vinegar and let boil 2 hours, after which pack in small jars and set in the cellar.

GREEN CUCUMBER PICKLES

Select 1 peck of small fresh cucumbers of uniform size. Wash in cold water. Place in crock and add 1 cup of salt with cold water to cover. Let stand 24 hours. Drain from brine and scald cucumbers in a weak vinegar. Drain and pack either in crocks or mason jars. Boil together the following:

1 gallon vinegar.
1 cup brown sugar.
1 tablespoon powdered alum.
2 tablespoons pepper corn.

2 tablespoons allspice.
1 tablespoon cloves.
1 ounce cinnamon.

Pour this over the cucumbers and seal.

TOMATO CATSUP

1 gallon strained tomatoes.
4 tablespoons salt.
3 tablespoons black pepper.
3 tablespoons mustard.
 $\frac{1}{2}$ tablespoon cloves.

$\frac{1}{2}$ tablespoon allspice.
 $\frac{1}{8}$ teaspoon red pepper.
3 garlic.
1 pint vinegar.

Boil until required thickness. Put the dark spices and garlic in a cloth to prevent the catsup from being dark.

COLD CATSUP (VERY NICE)

One-half peck ripe tomatoes (peeled, not scalded). Chop fine or put through a meat chopper. Let settle and pour off part of the juice. Add 2 roots of horse-radish chopped fine, scant $\frac{1}{2}$ cup salt, $\frac{1}{2}$ cup ground mustard, 2 red peppers chopped (take out seeds), 1 small cup chopped onion, 1 teaspoon red pepper, 2 stalks of celery chopped or celery seeds, 1 heaping tablespoon cinnamon, 1 cup brown sugar, 1 quart cider vinegar. Stir well and bottle.



CHILI SAUCE

Twenty-four ripe tomatoes, 8 green peppers, 8 onions chopped fine, 4 tablespoons salt, 3 of sugar, 2 cups vinegar, spice if you choose. Boil 3 hours. Canned tomatoes may be used instead of fresh ones, if necessary.

CHOW CHOW, No. 1

1 large cauliflower.
1 quart green cucumbers
(sliced lengthwise).

3 dozen small cucumbers.
2 dozen small onions.

Soak cucumbers in brine 2 days, scald the rest in strong brine, add pepper, whole cloves, allspice and stick cinnamon as you wish. Scald the following, stirring constantly, and when well mixed pour over your pickles:

2½ quarts vinegar.
2½ cups brown sugar.

6 tablespoons ground mustard.
½ cup *Purity Flour*.

Seal in wide-mouthed bottles.

CHOW CHOW, No. 2

1 peck green tomatoes.
5 onions.

6 green peppers, with seeds.

Chop all fine, sprinkle with ½ pint salt and let stand over-night. In the morning drain and cover with good cider vinegar, cold. Cook slowly 1 hour, then drain and pack into jars. Take 1 pound brown sugar, ¼ cup mustard, 1 tablespoon cinnamon, 1 teaspoon black pepper, ½ pint horse-radish, with vinegar enough to cover. Pour this over pickle in jars.

TOMATO CHOWDER

1 peck green tomatoes.
6 green peppers.

4 onions, chopped fine.
1 large cup salt.

Put in a layer of each, with a portion of salt; stand over-night. In the morning pour off juice which is not to be used. Take 3 cups sugar, 1 cup grated horse-radish, 2 tablespoons each of cloves, cinnamon, allspice, and vinegar enough to cover. Cook until soft. A little mustard seed might improve it.

GREEN TOMATO PICKLES

One peck green tomatoes, sliced. Sprinkle salt over them and let stand over-night. In the morning drain through a sieve, add enough vinegar to cover the tomatoes, 12 onions sliced, 4 ounces white mustard seed, 4 of ground mustard, 1 ounce each of cloves, allspice, ginger, pepper and cinnamon, 1 tablespoon salt, ½ pound brown sugar. Boil 2 hours. Seal while hot.



GREEN TOMATOES WITH ONIONS

1 peck tomatoes.
 $\frac{1}{4}$ peck onions.
 $1\frac{1}{2}$ green peppers.
1 pound sugar.

2 tablespoons each ground cloves
and pepper.
 $\frac{1}{2}$ teaspoon red pepper.
3 pints vinegar.

Slice tomatoes and onions separately, sprinkle with salt and let stand in 2 jars over-night. In the morning drain. Let vinegar and spices boil, then add tomatoes and onions and cook until tender.

CUCUMBER PICKLES WITH SALAD OIL

One hundred cucumbers, 3 inches long, slice with skins on; 25 small onions. Sprinkle each with salt. Let stand 3 hours. Drain well and add the following dressing:

1 cup salad oil.
2 cups each white and black mustard seed.

4 tablespoons celery seed.
4 quarts cold cider vinegar.

Stir well and cover tightly. Makes about 2 gallons.

RIPE CUCUMBER PICKLES

Pare and seed ripe cucumbers and put in strong brine in which a small piece of alum has been dissolved. Let lie in this brine over-night. For 1 gallon of cucumbers make syrup of 1 quart vinegar and 3 pints brown sugar. Make a bag of cheesecloth and put in it $\frac{1}{2}$ cup each cloves, allspice, and cinnamon, not using the ground spices. Put this bag in the vinegar and cook the slices of cucumbers in this syrup until they can easily be pierced with a fork. The slices of cucumber should be well drained from the brine before cooking in syrup.

MUSTARD PICKLES

1 peck small cucumbers.
2 quarts small white onions.
6 heads cauliflower.

5 peppers.
2 quarts green beans.

Put cucumbers in strong brine for 24 hours. Steam beans and cauliflower until tender. Scald cucumbers in weak vinegar with a small piece of alum. Put in bottles in layers. Scald 1 gallon of good cider vinegar. Thicken with mustard to about consistency of cream. Add 2 pounds sugar. Pour over pickles while hot. Cork and seal.

PICKLED ONIONS

Select small onions. Remove carefully with a silver knife all the outer skins. Put onions in a brine for 24 hours, then pack in jars and pour boiling cider vinegar over them.



DUTCH PICKLE

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| 1 quart green cucumbers. | 1 small cabbage. |
| 1 quart onions. | 3 red peppers, chopped fine. |
| 1 quart green tomatoes. | $\frac{1}{2}$ cup salt. |
| 1 large cauliflower. | |

Chop all fine and pour on enough hot water to cover. Let stand $\frac{1}{2}$ an hour and drain. Then make a dressing of the following:

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| 8 tablespoons mustard. | 3 cups sugar. |
| 1 teaspoon turmeric. | 1 cup <i>Purity Flour</i> . |

Mix with a little vinegar until smooth. Add mixture to 2 quarts vinegar, stirring constantly over fire until thickened, then pour over vegetables.

PICKLED BEETS

Boil tender $\frac{1}{2}$ peck beets. They should cook at least 2 hours slowly. When thoroughly done, allow a slice of raw onion to every beet. Peel, slice them into a jar, put in a teaspoon horse-radish, 6 cloves and a tablespoon whole pepper to every $\frac{1}{2}$ dozen beets. Pour boiling vinegar over them and set them away. When cold, seal.

SWEET TOMATO PICKLE

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| 7 pounds ripe tomatoes, peeled and sliced. | 1 ounce whole cloves. |
| $3\frac{1}{2}$ pounds sugar. | 1 quart vinegar. |
| 1 ounce whole cinnamon and mace, mixed. | 3 tablespoons salt. |

Tie spices in a bag and boil altogether about 1 hour.

SPICED PICKLES

Wash and slice green tomatoes, sprinkle with salt and tie up in a 3-cornered bag to drip over-night. In the morning slice as many onions as you have tomatoes, put all together in granite pan. Put enough cider vinegar over them to cover. Add sugar in the proportion of 1 pint of sugar to 1 gallon of vinegar, 2 tablespoons prepared mixed spices. Cook all together until tender. Seal while hot.

BORDEAUX SAUCE

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| 1 gallon green tomatoes. | 1 head cabbage. |
| 15 to 20 onions. | 2 green peppers. |

Put the ingredients through a meat chopper (coarse), sprinkle 1 cup of salt over the mixture. Add 1 quart of water and let stand over-night. Have ready a scant $\frac{1}{2}$ gallon vinegar, boiling, with $1\frac{1}{2}$ pounds brown sugar. Make a paste of $\frac{1}{2}$ pound mustard, $\frac{1}{2}$ pound turmeric, $\frac{1}{2}$ ounce celery seed, scant cup of *Purity Flour*. Stir paste into the boiling vinegar. Add drained vegetables, stirring very often. If not sweet enough add a little more sugar.



PICCELILLI

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| 1 quart green tomatoes. | 1 pint red tomatoes. |
| 1 head celery. | 2 red sweet peppers. |
| 1 large mild onion. | 1 green sweet pepper. |
| Small half head cabbage. | 1 ripe cucumber. |
| $\frac{1}{2}$ cup salt. | 3 cups vinegar. |
| 1 pound brown sugar. | $\frac{1}{2}$ teaspoon mustard. |
| $\frac{1}{2}$ teaspoon pepper. | |

Chop vegetables very fine. Cover with salt and let stand over-night. Drain through a cloth to remove all liquid. Then add vinegar, sugar and spices. Let cook about 1 hour or until nearly clear. Seal while hot.

GARIBALDI SAUCE

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| 4 pounds ripe tomatoes. | 1 pound onions. |
| 1 pound apples. | 1 pound raisins. |
| 3 pounds brown sugar. | 2 quarts vinegar. |
| 1 dessertspoon salt. | 1 lemon. |
| 1 red pepper. | |

Chop all ingredients (except red pepper, which should be boiled in a muslin bag). Boil all together until well cooked.

PLUM CATSUP

Ten pounds plums; cook and run through colander; 8 pounds sugar, 1 tablespoon cinnamon, 1 cup vinegar. Boil for 1 hour. Seal.

GRAPE CATSUP

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| 5 pounds grapes, cooked and put through colander. | 1 tablespoon pepper. |
| 2 $\frac{1}{2}$ pounds sugar. | 1 pint vinegar. |
| 1 tablespoon salt. | $\frac{1}{2}$ tablespoon nutmeg. |
| 1 tablespoon allspice. | 1 tablespoon cloves. |

Boil until quite thick. Ripe gooseberries are very nice prepared in this way.

CURRENT CATSUP

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| 5 pounds currants | 1 teaspoon each of cinnamon, salt, and allspice, and 1 teaspoon of black and red pepper, mixed. |
| 3 pounds sugar. | |
| $\frac{1}{2}$ pint vinegar. | |
| 1 teaspoon cloves. | |

Boil 1 $\frac{1}{2}$ hours.



MUSHROOM CATSUP

Pack mushrooms in layers in an earthen pot, sprinkling a very little salt between each layer. Let them remain for about 3 hours, then pound with a potato masher and let remain for a day, stirring them up once or twice. To each quart of this mixture add 1 teaspoon black pepper and $\frac{1}{2}$ teaspoon allspice. Cover the jar containing the mixture and set it in pan of boiling water. Let the water boil round this for 2 hours. Then strain it through cloth and let it boil down until it is reduced half, or if you do not wish it so strong as this boil it merely for $\frac{1}{2}$ hour, when it makes a nice light catsup. Be careful to cork this catsup very closely, and do not make too large a quantity at a time, as it does not keep well during the warm weather.

PEACH PICKLES

8 pounds peaches.
4 pounds sugar.

1 pint vinegar.

Stick 2 or 3 cloves in peaches after being peeled. Add a few sticks of cinnamon, cook until tender. Take them out on a platter to cool. When cool put in jars, pour the cold syrup over them. Let them stand 24 hours, then seal up. This is a good rule for all kinds of fruit pickles if wanted rich. If not, use less sugar.



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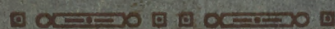
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